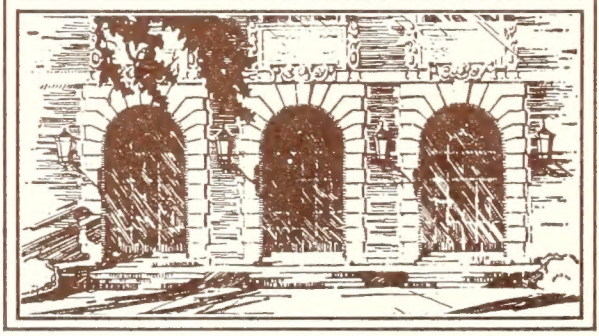

AGRICULTURE

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 19, 1948

To Make Safe Homes Awards

County awards for the fifth Illinois Safe Homes Program will be made during Farm and Home Week at the University of Illinois, February 9-13. Participating counties that report the best home safety records for 1947 will be honored during the Farm and Home Week homemakers' session Wednesday, February 11.

Participation in the '47 program topped that of the previous year. Most recent reports from Miss Gladys Ward, home management specialist, University of Illinois, indicate that 10,766 families are taking part.

Two county awards will be made. One will go to the county with the largest enrollment reporting no home accidents, and the other to the county with the lowest percentage of accidents among the families enrolled.

Last year Mason county carried away both awards for their record in 1946. That year Mason had a near-perfect score, with 99 percent of its participating families reporting no home accidents.

The Safe Homes Program was set up five years ago by the University of Illinois in cooperation with the Illinois Home Bureau Federation and the National Safety Council. It was organized to help prevent home accidents and to secure accurate data on the causes of home accidents. Any Illinois family may become eligible to participate merely by signing an enrollment blank and reporting home accidents. A county safety chairman, working in cooperation with the county home adviser, takes charge of enrollment and reports.

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1/12/48

FOR RELEASE WEEK OF JANUARY 19, 1948

Homes Awards

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Washing and Ironing Tricks Simplify Laundering of Rayons

"Washing and ironing rayon garments become less of a chore when you know a few shortcuts," advises Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Her first suggestion is to make sure the colors are fast by rubbing the garment in an inconspicuous place with a damp, white cloth. The next step is to remove unwashable trimmings and shoulder pads. These shoulder pads, incidentally, can very easily be made to snap in place to eliminate the need to rip and sew each time.

Stubborn stains around collars and cuffs should be removed with a grease solvent before washing. Here are Miss Gray's laundering directions:

"Use lukewarm water and mild soapsuds or a detergent designed for use on silks and rayons. Squeeze the water through the fabric; never rub or twist. Rinse thoroughly. Smooth out the garments on a Turkish towel, roll up and knead gently to remove excess moisture."

Many light and sheer fabrics are ready for ironing when they are unrolled from the towel. Others need to be hung on a rustproof hanger for further drying or gently rubbed to size with a dry Turkish towel.

To prevent shine, both silks and rayons should be ironed on the wrong side, with the iron set for the proper temperature. A sleeve board or press mitt will give a professional finish to sleeves and shoulders. The way to iron laces and embroideries is face down on soft padding or a Turkish towel--after stretching them gently to shape by working out wrinkles with the fingers.

Plain, firm weaves are a good gamble for washing, but fabrics of heavy crepe weave are likely to shrink and need to be stretched in the ironing process. This is dangerous because rayons are all weaker when wet than when dry.

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1/14/48

Ironing Tricks Simplify Laundering of Rayons

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UI Home Management House Demonstrates Remodeling Possibilities

The University of Illinois home management house, which will be open to visitors during Farm and Home Week, demonstrates what a family can do with limited funds to make an old house livable by remodeling The results of careful planning and much handwork on the part of students and sponsors can be viewed during the Home Economics department open house February 10 and 11 from 4:00 to 5:30 p.m.

The house was occupied by the home management division last April but needed extensive repair and remodeling before it could be used for student training. Because it is a temporary location, the exterior was not changed. The interior, however, is attractive, colorful and conveniently arranged.

Living room and dining room are predominately gray-green--a restful, harmonious color. The hall and stairway leading to colorful bedrooms on the second floor are papered in a figured pattern that repeats the colors of the living area. Wallpapers were used in all of the upstairs rooms because of uneven wall surfaces and settled partitions.

The treatment of various-sized windows presented a problem similar to those confronting many homemakers. Limited funds and lack of materials required that curtains from the former home management house be adapted and used again. Several unnecessary windows and an attic door were hidden by permanently drawn draperies or wall hangings.

After the work areas had been carefully planned, kitchen equipment was moved from the former home management house and adapted to available space. The kitchen is gay with maroon linoleum floors and counters, deep peach walls and cream colored equipment. Inexpensive crash curtains are decorated with original designs done in textile paints.

The garage was remodeled to allow for laundry facilities. This entailed adding windows and cutting a door from the main part of the house to the laundry. In this room are located agitator and automatic washing machines, stationary tubs, ironer and other ironing equipment for use by students in studying equipment.

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1/14/48

Homemade Cake from Sunflower Seed Flour

Chocolate cake made with sunflower seed flour is new and different and mighty good eating. It is rich, full-flavored, moist, fine and even-textured and even has somewhat greater volume than a standard chocolate cake, according to Mrs. Royene Owen, foods research specialist University of Illinois College of Agriculture.

A recipe in which 20 percent of the flour by weight was of the sunflower type has been tested in the University of Illinois research laboratory. Mrs. Owen has converted these weights to household measures for home use.

There are several advantages to using the new-type flour: It increases the protein and vitamin contents of the cake, and it also adds to the volume, flavor and rich brown color of the crust. In addition, it is a way to conserve wheat flour that is so desperately needed abroad.

Although distribution of the new flour is somewhat limited, a number of food stores carry it. Demand on the part of consumers will, of course, be likely to bring it to more grocery shelves.

Here is Mrs. Owen's recipe for chocolate cake:

½ cup shortening
1 cup sugar
2 eggs
1¼ cups sifted cake flour
3/4 cup sifted sunflower seed flour
2 sq. (2 oz.) unsweetened cooking chocolate
½ teaspoon salt
2 teaspoons baking powder
¼ teaspoon baking soda
3/4 cup sweet milk
½ teaspoon wanilla extract

Sift flour, salt, baking powder and soda together three times. Cream shortening until it is soft and plastic, add sugar gradually, and cream together until light and fluffy. Add eggs one at a time, beating well after each is added. Add vanilla and mix well. Add chocolate which has been melted over hot water and cooled. Beat well.

Add one-fourth of the dry ingredients and stir until blended; add one-third of the milk and mix until smooth. Repeat until all of the flour and milk have been added, ending with flour.

Pour batter into a greased pan, 8 x 8 x 2 inches, lined in the bottom with waxed paper. Bake in a moderate oven (350°F.) for about 40 minutes, or until the cake springs back when touched lightly with the finger.

Even though the measures do not indicate it, 20 percent of the flour is the sunflower seed type. The reason is that the new flour weighs about half as much per cup as cake flour.

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JEH:lk
1/14/48

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 19, 1948

Family of Two Faces High Food Prices

A family of two finds that food planning gets no easier in the face of high prices. Today's young bride must not only learn to prepare food for two but must also become a sleight-of-hand artist with leftovers. Otherwise the food bill is likely to be far out of proportion with a beginner's salary.

Often the young homemaker must learn her lessons on an under-sized stove and with few cooking utensils. She may even have a full day at the office before she can take up her household studies.

"But she can do it," says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. "She can learn to prepare foods that require little time. She can cook double amounts, keeping some for use later in the week. She can suit her menus to a small family and a small stove. She can do all this and still keep meals nutritionally sound and appetizing."

A guide to help with all these lessons is given in "Food for Two," a U.S. Department of Agriculture leaflet that is available on request. The circular suggests suitable menus, and it charts amounts to buy for two. It offers helps on cutting food costs and on the artful use of leftovers. It also provides a chart for checking the week's shopping list against the "basic seven" foods for good nutrition.

A copy of the circular may be obtained from the University of Illinois College of Agriculture, Urbana, Illinois. Ask for Circular AIS-21, "Food for Two."

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FOR RELEASE WEEK OF JANUARY 26, 1948

Announce Homemaking Features, Farm and Home Week

"Weight-Control--How to Get and Keep the Weight You Want," is the first topic on the homemakers' agenda for Farm and Home Week, February 9-13, University of Illinois, Urbana. Farm and Home Week is an annual event sponsored by the University of Illinois College of Agriculture that is open to all Illinois residents.

Speaker for this opening session is Miss Harriet Barto, associate professor of dietetics. Miss Barto not only trains students in dietetics at the University, but she has also given real service to physicians and lay persons through her practical advice and popular bulletins on the subject. Miss Barto is author of the University of Illinois circular, "Sane Reducing Diets." This first homemakers' session will be held February 9 at Lincoln Hall theatre on the campus, 1:00 p.m.

Harold A. Schultz, assistant professor of art education, will present Tuesday morning's opening topic, "The Meaning of Contemporary Art." His lecture will be illustrated with lantern slides. It will be given in Lincoln Hall theatre at 9 a.m.

In addition to his teaching, Mr. Schultz has traveled and painted in various parts of America and Europe. He is past-president of the Chicago Society of Artists and in 1946 won the water color prize in the Central Illinois Art Exhibit.

Among other Farm and Home Week homemaker sessions are those on child development, flowers, housing, foods and nutrition, and mental health.

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FOR RELEASE WEEK OF JANUARY 26, 1948

DEVELOP BEST METHODS FOR FREEZING PASTRIES

One of the golden rules for preserving pastries by freezing is to use only ingredients of the best quality. This advice comes from Dr. Frances VanDuyne, director of the foods research laboratory, University of Illinois, where considerable work has been done with the freezing of prepared and cooked foods.

Many pies and other pastries may be frozen before or after they are baked. However, tests indicate that ye old favorite apple pie is more like freshly prepared and baked pie if it is baked after it is frozen. Another point in favor of this method is that less time is required to prepare it for freezing.

It is not difficult to prepare apple pie for freezing. Use your favorite recipe and, if you decide to freeze it before baking, blanch the apples. Steam the sliced apples for three minutes, cool in running water, drain and they are ready to use.

Package the pie in the container in which it is to be baked if you wish. Invert a second plate--which may be of cardboard--over the top of the pie and heat-seal in cellophane. Wrap and freeze immediately.

To serve, remove the cellophane and the top plate. Place the pie in a hot oven (450°F.) for 20 minutes. After 10 minutes prick the top crust with a fork. Reduce oven temperature to 350° F. and bake for approximately 50 minutes longer, or until apples are cooked.

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1/20/48

FOR RELEASE WEEK OF JANUARY 26, 1948

WASH WOOL SWEATERS CAREFULLY

Be generous with warm water and mild soapsuds when you wash a wool sweater, advises Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. Be sure all soap is thoroughly dissolved before you put the sweater into the water; then handle it gently throughout the washing.

Squeeze the suds and rinse water through the sweater, but do not pull, wring or twist it. Rinse until the last trace of suds is gone, keeping the rinse water the same temperature--warm, not hot--as the suds.

Drying the sweater is an important step in the washing procedure. Lay the garment on a bath towel, top with another towel and pat to take out as much of the water as possible; then spread to dry on a paper cloth. Pull gently into shape and stick pins upright in the garment so that it will dry in shape.

To make sure of getting the sweater back to its right shape, it is a good plan to measure it before you wash it, or draw an outline of it on paper or cloth. Better yet, draw the outline while the sweater is new and has its original size and shape. Stretch the sweater back to the outline or measurements, checking sleeve length, bust measure and neck-to-bottom length carefully.

Some sweaters need to be "blocked" to give them a finished appearance after they have been washed. When the garment is practically dry, cover it with a dry press cloth and then with a dampened press cloth. Touch a warm iron very lightly to the top press cloth--until moisture steams through the sweater. Remove both press cloths and leave the sweater until it is thoroughly dry.

Commercial sweater forms may be obtained in most stores. They are easy and convenient to use for shaping and drying the garment. Buy one that is your size. Remove as much moisture from the sweater as possible by using towels; then place it on the form. When it is practically dry, remove it from the form and block it.

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1/20/48

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 2, 1948

Outline Program for Farm-Home Week Winter Festival

Farm and Home Week Winter Festival activities, February 11, University of Illinois, will include get-acquainted mixers, folk dancing, floor games and singing, according to E. H. Regnier, recreation specialist and chairman of the planning committee. The festival, which is open to anyone attending Farm and Home Week, will take place in George Huff Gym on the Urbana campus, beginning at 8 p.m.

The program is being planned so that those who participate can adapt it to their own local play days, family nights, rallies and other county-wide events. Practice sessions will be held in preparation for the festival on the preceding Monday, Tuesday and Wednesday afternoons from 4-5 p.m. in the Lower Gym, Bevier Hall. Those who participate in the first two practices will help conduct the evening's recreation and will be listed on the program by counties.

The Barber Shop quartette, composed of four local Champaign-Urbana men, is scheduled to present several selections. Members of the quartette are V. C. Shaul, Howard Morrow, Robert Tibbetts and R. I. Shawl.

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1/26/48

FOR RELEASE WEEK OF FEBRUARY 2, 1948

Consumers Can Promote Informative Labeling--and Lower Prices

"Consumers can help to stabilize prices, and one of their working tools is the use of informative labels," according to Miss Ritta Whitesel, instructor in clothing selection, University of Illinois College of Agriculture. "By reading labels and using them as a buying guide, consumers can avoid the sort of haphazard buying that is a major factor in keeping prices high.

"A truly informative label," says Miss Whitesel, "will answer six important questions: (1) Of what is the product made? (2) How is it made? (3) How will it perform? (4) How should it be used? (5) How should it be cared for? (6) What is the name and address of the manufacturer or distributor?

"Consumers have a responsibility in promoting this type of labeling. Many manufacturers who use informative labels have been influenced by the fact that the consumer is asking for specific information about the goods he buys. The wider the consumer interest in labeling, the more pronounced will be the trend toward its use.

"Some ways consumers can promote good labeling are by reading all labels carefully and by patronizing firms that label their merchandize informatively. When they do find a helpful label, consumers can encourage its continued use by commenting upon it to the salesclerk and writing to the manufacturer.

"Informative labels not only save the shopper time, energy and money," says Miss Whitesel, "but they also help the manufacturer and retailer who use them. They help retailers buy the goods they know will satisfy their customers, and they mean better business for manufacturers."

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FOR RELEASE WEEK OF FEBRUARY 2, 1948

Suit Spring Fabrics to the Occasion

Bright new fabrics dazzle the eyes of the lucky lady who can make her own spring clothes. The new look, the latest in prints, maybe even a new figure, dance through her mind as she makes her choice. But let's hope that she has given some very practical thought to the places she will wear these new clothes before she makes her purchase.

Miss Edna Gray, University of Illinois clothing specialist, believes in thinking through carefully--maybe even writing down--all the places a particular garment will be worn before starting on a shopping trip. Then a fabric can be selected that will "go" all those places in good taste.

For street wear, firm fabrics of any fiber suited to the season are correct. Textures may be somewhat rough but not too "sporty." Those that will not pick up dirt or dust readily and that will not wrinkle easily are wise choices. Incidentally, colors should be inconspicuous. And of course both texture and color must be becoming.

Party dresses--for teas perhaps or dinner with a friend--are usually made of smooth-surfaced fabrics but may be of any fiber and in any fashionable weave. A woman can go all-out for truly handsome fabrics for her dinner dresses. They are usually either smooth-surfaced or soft--lace, satin or taffeta, for example. For dinner in a public place a plain-colored suit, dressed up with a handsome blouse and perhaps a piece of jewelry or a scarf accent, is suitable.

Sport dresses, first and foremost, must be suited to the particular activity for which they will be worn. For active sport wear this often means a washable fabric: always it means material strong enough to withstand the activity. Clothes for those "just watching" others play may be made of materials very much like street fabrics except that the texture may be rougher, the color brighter and the pattern more noticeable.

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for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 9, 1948

Combine Dehydrating and Freezing for New Preservation Method

Dehydrofreezing--a combination of dehydrating and quick freezing--is the latest word in food preservation. Although the new method has not yet been tested enough for commercial use, forward-looking homemakers may wish to try some experimenting on their own.

First tests with the process, which was developed by the Western Regional Research Laboratory, U. S. Department of Agriculture, indicate that it has some advantages over ordinary quick freezing.

The method involves removing much moisture from the fresh food to save weight and bulk in packaging. Then the food is frozen to hold its fresh qualities--flavor, color, texture and food value. The moisture removed during dehydrofreezing is restored by the water used in cooking.

Tests on sliced apples and green peas showed that these foods freeze more successfully after much of the moisture is removed. Tissues of the food do not break so easily. They are more protected from damage by large ice crystals that form when normal amounts of water are left in the food.

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2-4-48

FOR RELEASE WEEK OF FEBRUARY 9, 1948

African Violets--Home Grown

"African violets are just temperamental enough to be interesting house plants but not too difficult to grow." says J. R. Culbert, floriculturist, University of Illinois College of Agriculture. "Their main requirement is thoughtful, regular care."

Watering may be done by any method which keeps the soil moderately moist at all times, which keeps water off the foliage and which prevents the crown of the plant from becoming and remaining wet. The water should be of approximately room temperature or slightly warmer.

A north or an east window is probably the best location for African violets in the summer; an east or south window is best in winter. A few hours of direct sunlight early in the morning is satisfactory, but the plants should not be exposed to direct sunlight during the rest of the day.

African violets require a temperature no lower than 60°F. nor higher than 75°F. If temperatures are over 75 degrees--except during the summer--the plant is not likely to bloom.

A good mixture of soil for African violets can be made of three parts garden soil, one part leaf mold or peat, one part well-rotted manure and one part sand. The plant should be potted so that the base of the crown of leaves is well above the soil level.

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2/3/48

Stewing Chickens Are Good Buys

The last of a stewing chicken can be as delicious as the first. Even a small family will find it profitable to put a stewing hen on the menu because there are so many excellent ways to use up the meat.

This is why Miss Frances Cook, foods specialist, University of Illinois, suggests that homemakers take advantage of the large supply of stewing hens on the market. Supplies are at record levels for this time of year, and prices are relatively low compared with competing foods.

Miss Cook recommends Chicken Risotto as an ideal way to get the last bit of good from a baked or stewed hen.

Chicken Risotto

2 cups or more chopped cooked chicken	2 tablespoons butter or other fat
1 quart chicken broth	3/4 cup rice
1 onion, chopped	Grated cheese

Take the meat off the bones and chop it. Stew the bones in enough water to make a quart of broth, and add any left-over gravy that will furnish chicken flavor. In a large frying pan, cook the chopped onion for a few minutes in the fat, add the chicken broth, and when it boils up rapidly, sprinkle the rice in slowly.

Cover the pan, simmer the rice for about 25 minutes, or until the grains swell and become soft. Shake the pan from time to time to keep the rice from sticking, but do not stir it unless absolutely necessary. By the time the rice is done, it will have absorbed the broth, and the grains will be large and separate. Then add the small pieces of chicken and salt to taste. Turn the mixture onto a hot platter and sprinkle generously with grated hard cheese.

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2-4-48

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 16, 1948

"Apples a Plenty"

"Apples aplenty" might be the key word for incorporating fresh foods in the menu this time of year, according to Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Apples are reaching food markets in generous quantities, and there are many different ways to serve this nutritious fruit.

For a bright red Valentine dessert, apples can be baked in a sirup of red cinnamon candies, sugar and water. Or substitute a few drops of red coloring and a stick or two of cinnamon.

Whole apples prepared in this way can also be used for a tasty salad. When the pared and cored but whole apples have been baked until tender in their cinnamon sauce, chill them thoroughly. At serving time place them on crisp lettuce leaves, fill the centers with cream cheese and top with mayonnaise.

With a jar of applesauce on hand, it is a simple matter to whip up a quick dessert at the last minute. Combine it with a small quantity of orange marmalade and chill well. Just before serving, fold in whipped cream. Nothing could be simpler; yet the combination is sure to please.

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FOR RELEASE WEEK OF FEBRUARY 16, 1948

To Destroy Cereal Insects, Heat Food in Oven

"When cereal insects invade your stored food, it's time to declare war with the heat treatment," advises W. N. Bruce, assistant entomologist, Illinois Natural History Survey.

The heat treatment consists of simply heating the oven to 135-150°F., depending upon the food involved, and heating it thoroughly. Proper treatment in the oven will destroy all stages of the insect.

Such foods as cereals, nuts, and dried fruits and vegetables may be treated in this way. They should be placed in a shallow pan and stirred frequently so that the heat may penetrate quickly and evenly.

If a temperature of 150°F. can be maintained for a period of 20 minutes without scorching the food product, this time is sufficient to kill the insects. Foods that may scorch at this high a temperature can be treated by heating at 135°F. for a period of four hours.

The actual penetration of heat is measured most accurately by inserting a thermometer so that the bulb is buried halfway through the layer of food. After treating, store the food in a tight container.

Prompt treatment in this way will keep the insects from spreading to other foods. The infestation may first enter the food while it is in the garden or stored in warehouses or groceries. For this reason it is always wise to examine such products when they are bought or opened.

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FOR RELEASE WEEK OF FEBRUARY 16, 1948

Learn to "Dig" for Facts on Fabrics

Bombarded with many new fabrics, vague terms and fancy names, today's consumer needs more than ever before to know the "inside story" of fabric qualities, according to Miss Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture. Yet these facts on fiber content, dyes, shrinkage or finishes remain a deep, dark mystery unless the consumer knows how to dig for them.

By asking the clerk or buyer the right questions, she should be able to learn a great deal about the quality of the cloth she buys. Or, if the label is an informative one, she may be able to find the answers there. The important thing, however, is to seek the right information.

First, ask what the fiber content of the material is. If you know what fibers are involved, you will be better able to predict the serviceability of the fabric and to treat it with proper care. Acetate rayons, for example, require a lower ironing temperature than other types.

Whether or not the color is fast to light, washing, dry cleaning and perspiration is another question to ask. Miss Whitesel feels that every fabric should be labeled with the degree to which it will resist fading. Her advice to consumers is to keep asking questions--they may lead the manufacturer to label his merchandise with these necessary facts.

Another factor is the amount of shrinkage to be expected. There are Federal Trade Commission rulings on shrinkage labeling which apply to cotton fabrics. But information regarding residual shrinkage--the amount of shrinkage to be expected after laundering and dry cleaning--is of value regardless of the type of cloth. So, if it isn't labeled--ask.

Many fabrics today have special finishes which you should know about. Moth-preventive, glazed or starchless finishes, for instance. These may greatly affect wearing quality or offer extra convenience and should not be overlooked.

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for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 23, 1948

Illinois Garden Guide For Early Planning

Twenty million home gardens is the goal set for the United States this year. Scores of those gardens should be grown in Illinois--many of them in _____.
(name of county or town)
Early planning will save many hours and likewise many mistakes when planting time comes.

The University of Illinois Garden Guide has been brought up to date and is a valuable reference for the experienced gardener as well as the amateur. Every phase of garden work is discussed. Information on needed space, location, seed selection, soil treatment, cultivation, fertilizers and even the type of equipment for large gardens and small ones is included.

One section of the guide that will help with early planning has to do with vegetable crops and the varieties that grow well in Illinois. Approximate planting dates are given for the various sections of the state.

A copy of the Illinois Garden Guide may be obtained by sending a request to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR RELEASE WEEK OF FEBRUARY 23, 1948

Stewing Hens Best For Canning

Plump stewing hens are coming to local markets in quantity. They are the very best type of chicken for canning, since the mature meat is firm enough to withstand processing at high temperature without loss of texture and flavor.

Homemakers who own or can borrow a pressure canner will find it worth while to take advantage of these mature birds. Once the meat is canned, it is ready for use and can be turned into delicious chicken a la king, potpie, casserole dishes, sandwiches and salads on short notice.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, warns that a pressure canner must be used to assure safe canning of chicken. The meat must be processed at high temperature and held there long enough to destroy certain bacteria that cause dangerous spoilage. The only way to secure this temperature in home kitchens is by using a pressure canner.

Pressure sauce pans should not be used for canning chicken, according to Miss Cook. Most of the pans are built for cooking at 15 pounds' pressure. Gauges are usually not marked at the 10 pounds recommended for canning meats, and it is impossible to estimate this pressure accurately enough for safe processing.

Complete directions for canning chicken and other meats are given in the U. S. Department of Agriculture Circular AWI-110, "Home Canning of Meat." A copy will be mailed to you if you will send your request to the University of Illinois College of Agriculture.

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FOR RELEASE MONDAY, FEBRUARY 23, 1948

ILLINOIS HOME BUREAU FEDERATION OUTLINES PROGRAM

Members of the Illinois Home Bureau Federation have set their work sights high for this year. At their annual meeting held recently (February 10), they voted to concentrate their thinking and activity on two main lines of endeavor--youth and public affairs.

The federation program calls for expansion of 4-H club and rural youth work at state, county and community levels. A special effort is to be made to cooperate more closely with schools and churches and with all youth organizations in the area.

Members voted to study their local school situation and to work to provide every youth with the opportunity to obtain an adequate education under capable, well-trained, well-paid teachers. Because they are closely concerned with the education of future homemakers, and because of the expanding field of home economics, they are continuing their effort to secure an adequate, well-equipped home economics building at the University of Illinois.

From the standpoint of public affairs, the federation is stressing better public health organization, improved rural housing, a study of the mechanics and functioning of county, state and national government, and legislation affecting rural economy.

Because of the need for soil conservation, members favor joint meetings with the farm bureau and the attendance of women at soil conservation meetings. They recommend that information on soil conservation, particularly in its relation to human nutrition, be included in county home bureau programs.

The federation went on record as favoring the European relief plan. They are convinced that for world harmony the sending of food is much better than the sending of armed forces.

The Illinois Home Bureau Federation now has a membership of approximately 45,000. Work is underway in all but two of the 102 counties in the state.

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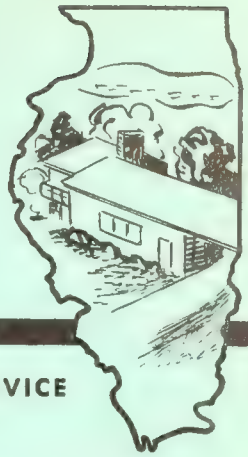
2-18-48

for weeklies

Homemaking news



'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 1, 1948

Grow Your Own Herbs

Variety is the spice of American cooking, and homemakers are taking to the use of culinary herbs to vary flavors. Soups and stews are different when you add a little sweet basil, thyme, parsley or chives. Sweet basil gives a delicate new flavor to the dressing for roast duck or goose, and sage adds to dressing for turkey or chicken.

Herbs can give variety to your garden, too. Sweet basil, chives and parsley form nice borders. Dill is a pretty, fern-like plant that grows nearly a yard high. It is easy to grow a wide variety of herbs in your garden and to preserve them for winter use if you follow the advice of Lee A. Somers, horticulturist, University of Illinois College of Agriculture. His leaflet, CULINARY HERBS FOR THE HOME GARDEN, gives complete directions for growing and preserving herbs. For a copy, write to the University of Illinois College of Agriculture, Urbana, Illinois.

Most herbs will do well on any rich, well-drained garden soil. Mints and angelica grow best in rather damp soil and in partially shaded areas. Balm, basil, lavendar and the savories do best on rather poor, sandy soils and require the full amount of sunlight.

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2-23-48

FOR RELEASE WEEK OF MARCH 1, 1948

ENROLL NOW FOR HOME SAFETY

You're not safe at home--unless you make your home safe! You can help to make other homes safe, too, by enrolling now in the Illinois Safe Homes Program for 1948. The purpose of the program is to collect accurate data on the causes of home accidents and to use these data to prevent future accidents.

Every family in Illinois is eligible to join. All you need to do is to sign the Safe Homes enrollment sheet at your home bureau office and agree to report each home accident this year.

Families enrolled in the program who report no home accidents during the year will receive the Safe Homes emblem. Special county awards will be presented by the sponsors during Farm and Home Week in 1949 to the two counties reporting (1) the largest percentage of enrolled families reporting no home accidents and (2) the lowest percentage of home accidents reported among the total number of families enrolled.

More than 10,000 families from 50 counties were enrolled during 1947. The 1948 program has already passed that mark, with 61 counties enrolled to date and others organizing for the work. You can help to make Illinois homes safe by enrolling now!

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2/25/48

FOR RELEASE WEEK OF MARCH 1, 1948

MONEY MANAGEMENT PLAN IMPORTANT

Money management is a family business, and now, when dollars don't go so far, is a good time to plan exactly how they'll be spent. Miss Wilma Sebens, home accounts specialist, University of Illinois College of Agriculture, suggests a plan for managing family finances that is both effective and easy to operate.

The first tool needed to make a money management plan for the family is a record of how much money has been received and how that money has been spent. These records form the basis for planning estimated future spending and saving. When records are summarized at the end of the year, it is easy to determine how the money might have been managed to better advantage as well as where it has been spent wisely.

Family accounts have many uses in money management. They form a basis for control of spending and saving in the program to keep the cost of living down in these times of rising costs. They provide a basis for making the choice of what the family may or may not spend.

It will be easy to see whether food, clothing, the family automobile or some other item is taking too much of the family income. These records may be the basis for changing the family's pattern of spending for one or all of the items.

There are many forms which people use for keeping records or accounts. Because these records have a permanent value, it is best to keep them in permanent form. A classified account book is easy to fill out, easy to read and can be filed away for future reference. The University of Illinois publishes two forms for keeping accounts: A WALL RECORD FOR FAMILY SPENDING AND SAVING and THE FAMILY ACCOUNT BOOK. Both forms may be obtained from the University of Illinois College of Agriculture, Urbana, Illinois. There is a charge of fifteen cents for either publication.

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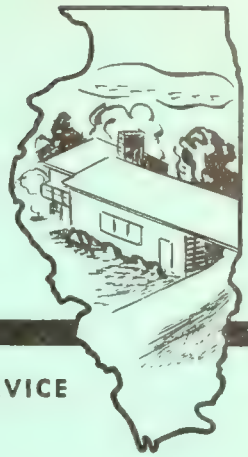
for weeklies

Homemaking news



ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 8, 1948

SAFE LADDERS FOR SAFE HOMES

A stepladder is essential equipment in the home, particularly at housecleaning time. The dangers of standing on piled up boxes, or on chairs which are not high enough for the purpose, are well known. But there are precautions to take in using a ladder, too.

Stepladders should be rigid and solidly constructed. They should be strong enough to resist twice the strain of the heaviest load that will be placed on them. Makeshift spreaders, such as rope or a chair, are dangerous. A metal spreader that locks into place is an important safety device.

In using a stepladder, remember that most ladder accidents are caused in going up and down. It doesn't pay to hurry, or to take more than one step at a time. Always face the ladder, and hold on with both hands.

Be sure the ladder is tall enough to allow you to stand at least two steps from the top. If you stand on the very top you may lose your balance. Set the ladder so that you can reach the object easily from the center. It's much better to move the ladder if you need to than to lean too far outward.

When the ladder is not in use, fold it and put it away in a convenient place. And keep it out of the way of children; ladders are dangerous playthings.

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FOR RELEASE WEEK OF MARCH 8, 1948

BETTER USE OF MILK FOR FOOD IN POSTWAR YEARS

We are using more milk for human food than we did before the war, according to U. S. Department of Agriculture specialists.

More of the total supply is being sold as bottled milk, and more is going into whole milk products today. Of nearly 120 billion pounds of milk produced on farms last year, 57 billion pounds were consumed as fluid milk and cream--12 billion pounds more than in prewar years.

Last year about 22 billion pounds of milk went into such whole milk products as cheese, canned milk and dried whole milk, an increase of 10 billion pounds over prewar years. Last year cheese accounted for 13 billion pounds of milk, canned milk for seven billion, dried whole milk and miscellaneous items for about two billion. Ice cream took an additional seven billion pounds.

In contrast, less milk is being used for the manufacture of butter. Last year was the second lowest on record, about 27 billion pounds of milk being used for butter--a decrease of eight billion pounds.

Skimmilk is being used for food to a greater extent than ever before. Last year 15 billion pounds were used in such food products as cottage cheese. Nearly eight billion pounds were dried for food, considerable quantities of which was exported. Before the war only about half the skimmilk was used as food; the other half was fed to animals, made into casein products like buttons or wasted. Today two-thirds is used for human food.

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FOR RELEASE WEEK OF MARCH 8, 1948

CONSUMER TIPS FOR BUYING EGGS

Prices are sometimes misleading. Take, for example, eggs. Because eggs sell by the dozen and other protein foods--meat, fish, cheese--by the pound, shoppers sometimes have difficulty in figuring which offers the most for the money.

Marketing specialists of the U. S. Department of Agriculture give the following facts about egg weights or sizes to help thrifty shoppers compare values and prices:

Eight large eggs weigh a pound. Therefore, when large eggs sell for 60 cents a dozen, for example, they furnish protein food at 40 cents a pound. The shells, which are the only waste, weigh little compared to bones and other waste in many other protein foods.

Weights of eggs by the dozen, as set up for grading, are as follows: "Extra Large" eggs must weigh at least 27 ounces, "Large" eggs at least 24 ounces, "Medium" eggs at least 21 ounces and small or pullet eggs (seldom on the market except in late summer or fall) at least 18 ounces.

Grade A or AA eggs are best for poaching, frying and cooking in the shell. Grade B eggs, which have somewhat flatter yolks and thinner whites, are just as satisfactory for scrambling and for baking and cooking as Grade A. The difference in price between the two grades may be as much as 10 or 12 cents a dozen.

Eggs contain high-quality protein, iron, vitamin A, riboflavin, thiamine and some vitamin D. During the spring they are plentiful and low in price. Keep them on your market list, and remember: Know eggs--weigh them, and weigh the values you get in return for the price you pay.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 15, 1948

FAT SALVAGE IN HOME KITCHENS STILL IMPORTANT

World supplies of fats and oils are still far short of needs. Our supplies here at home, tied very closely to the world situation, will continue to reflect this shortage, according to the United States Department of Agriculture.

Under these circumstances it obviously "makes sense" to continue to salvage every drop of waste fat in home kitchens. It's good economy, too, so far as the family pocketbook is concerned, since meat dealers pay well for every pound turned in.

During the five and one-half years of the Fat Salvage Program--August 1942 through January 1948--American homemakers turned in 670 million pounds of waste fats which they had collected in their home kitchens. Last year this drop-by-drop household salvage ran to more than 114 million pounds--nearly 10 million pounds every month.

Some women think of saving used kitchen fats only when they have a surplus--for instance when they fry bacon. But all meats have some fat. Bones and table scraps will yield a surprising amount when they are heated.

Today the world-wide shortage of fats and oils is still acute, and indications are that the situation will continue for many months--perhaps even years. As a result, the all-out Fat Salvage Program is being kept in operation. Waste fats from home kitchens--saved drop by drop--will count mightily, just as they did during the war years.

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FOR RELEASE WEEK OF MARCH 15, 1948

How to Wring Clothes

Running clothes through the wringer in a lump is hard on both clothes and wringer. Your clothes and your wringer will last longer if you fold the clothes smoothly before putting them through the wringer.

This is just one of the tips on clothes wringing offered by Miss Gladys Ward of the homemaking staff, University of Illinois College of Agriculture.

Another suggestion is to fold small buttons or other fastenings under a layer of the fabric. This prevents them from coming into direct contact with the rolls. Belts and sashes, too, should be folded under so that they do not catch in the rolls.

Large buttons or buckles should not go through the wringer. They are likely to break, tear off or damage the rubber on the rolls. It is best to wring by hand garments with heavy buttons or buckles.

Sometimes small articles like handkerchiefs stick to one roll and are turned over and over. You can avoid this by folding them inside a towel or other large piece before wringing.

Miss Ward says it's best to let the machine wring at its own pace. If you try to hurry the job by pulling or forcing pieces through, the wringer mechanism will be damaged.

When your laundry is finished, release the pressure on the wringer so that the rolls separate. If they are left pressed together, flat places will form which make for incomplete wringing. The rolls should be wiped dry after use. If they are stained by colored clothes, they should be washed and dried.

Never allow grease or oil to get on the rolls. Contact with grease or oil will cause the rubber to rot.

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FOR RELEASE WEEK OF MARCH 15, 1948

Good Ideas for Hanging Pictures

If you're not satisfied with the way your pictures are hung, you can find a lot of good ideas in a new University of Illinois leaflet, "Pictures on Your Walls." All these picture-hanging ideas are clearly illustrated. Unsatisfactory arrangements are shown beside the more pleasing arrangements.

Perhaps your problem is that your pictures don't show up against a patterned wallpaper. The leaflet illustrates several ways to set the picture off. You can place a piece of fabric, the color of the wall, behind the picture. A wide mat, too, will accent the picture and separate it from the pattern behind it.

Sometimes a picture seems to dangle in midair. To avoid this, you can arrange the furniture and the picture so that they form a unit. For example, a chest or table might be placed under a picture so that they balance each other. The leaflet illustrates the importance of the amount of space between the picture and the table. If the picture is too high, you will have two separate objects of interest instead of one harmonious unit. But when the picture is lowered a few inches, the table will appear to support it.

Consider, too, the size of the furniture and of the wall space in relation to the size of the picture. A large picture in a heavy frame will overbalance a slender table. A small picture against a large wall space will seem isolated.

The leaflet also shows many ways of grouping pictures attractively, in relation both to each other and to the furniture.

For a copy of "Pictures of Your Walls," write to University of Illinois College of Agriculture, Urbana, Illinois.

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for dailies

Homemaking news

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 18, 1948

How to Make Aprons for Kneeling Jobs

URBANA, ILL., March 18--When you list the gardening equipment you need this spring, you might include an apron which will protect your knees when you are ready to get down to earth. You can very easily make it yourself.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, suggests two types.

The first has a wide pocket at the bottom which unbuttons to form a waterproof pad for your knees. When your kneeling job is finished, you can put away small articles like seed packets and gloves in the buttoned-up pocket.

The second apron is designed like knickers with quilted kneepads held in place with fastenings around the knees. It also has a large, free-hanging pocket snapped to the belt.

Miss Gray suggests that you use a sturdy cotton for the apron. The pocket of the kneeling apron should be lined with a waterproof plastic material. Layers of cotton sheeting or old outing flannel can be used for the quilted kneepads of the knicker apron.

Complete directions for making both aprons appear in the University of Illinois leaflet, "APRONS FOR KNEELING JOBS." The patterns are illustrated on squared paper so that you can easily reproduce them on wrapping paper. For a copy of this leaflet write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR RELEASE THURSDAY, MARCH 18, 1948

How to Clean Fabric Upholstery

URBANA, ILL., March 18--If you're worried about grease spots on your upholstered furniture, here's a tip from Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

Grease spots can be removed by sponging them thoroughly with a cloth soaked in carbon tetrachloride. You should work from the outer edge toward the center, and keep a clean cloth handy to absorb the soiled cleaning fluid. More than one application may be needed to clean the area completely. Carbon tetrachloride is non-inflammable, but it does give off fumes and should not be used in a closed room. It's best to use this cleaner on a day when you can have the windows wide open.

To freshen up soiled fabric upholstery Miss Iwig suggests a shampoo. First, test the fabric in an inconspicuous place to be sure that it will not fade. Then work up a lather with soap jelly on a sponge or cloth which has been wrung dry out of lukewarm water. After the lather has done its work, rinse it off with a clean cloth or sponge also wrung dry out of lukewarm water. The dryness of the cloth is important for it prevents dampening the furniture stuffing.

You can make the soap jelly by mixing 1 cup of hot water with 2 cups of mild soap flakes. Then beat this mixture to a jelly with a rotary egg beater.

Thorough cleanings at regular intervals will keep your upholstery fresh and bright and will also help to prevent moths.

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FOR RELEASE THURSDAY, MARCH 18, 1948

Buying Tips on Automatic Washing Machines

URBANA, ILL., March 18--"An automatic washing machine is a good investment for the young mother," says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

If you have small children and must wash clothes often, you can save both time and energy by using one of the new automatic machines. The completely automatic action eliminates all heavy work. You just put the clothes in, set the dial, and they are washed, rinsed and spun dry enough to hang.

Another advantage of these machines is the small amount of space they require. They can be set up in the kitchen, if you have no laundry or utility room, or in a large bathroom. Since no rinsing tubs are used, you need only a space from 4 to 6 or 8 feet square, depending on the size of the machine. Small children can safely play near these machines for there is no wringer or exposed motor parts.

Here are some important points to consider, though, before you invest in an automatic washer. First, and most important, be sure that you have an adequate supply of hot water under pressure to complete the washing. If you have only a small hot water tank there may not be enough water for more than one tubful of clothes.

Tub sizes vary with capacities from 5 to 8 or 9 pounds. If your washings are large, you will find the large-size tub more useful even though it requires more hot and cold water and soap. A larger tub means fewer loads to wash. If your washings are small, the smaller tub will be better for you. This is an important point to consider before you buy. The motor is geared to the tub size, and overloading the tub will strain the motor and result in poor washing action.

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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 22, 1948

How to Thaw and Cook Frozen Meats

Cooking methods are the same whether you thaw your frozen meats slowly in the refrigerator or quickly on the kitchen table. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says there will be no difference in flavor, juiciness or shrinkage, whichever method you use.

Thawing time varies with the size, shape and thickness of the cut of meat. Roughly, you can expect a four-pound roast to thaw in 1 1/2 to 2 days in the refrigerator. At room temperature, eight or 10 hours should be sufficient time.

After thawing, the meat can be cooked by the methods used for a similar cut of fresh meat. An oven temperature of 300° is now recommended for the whole time in roasting. This slower cooking reduces shrinkage and retains juices which are lost by fast cooking at a high temperature. Miss Cook also recommends roasting in a shallow open pan, without previous searing and without adding water.

Even the best cooking methods will not make poor-quality meat any better. Freezing does not improve the quality of the meat; it only increases the tenderness slightly.

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FOR RELEASE WEEK OF MARCH 22, 1948

Scrambled Eggs--A Dish for a King

Fresh eggs carry a more thrifty price tag as spring advances. There are ways aplenty to serve them, but scrambled eggs can be counted on to please, provided they are prepared with a bit of care and imagination.

There are several schools of egg scramblers, but there is only one general rule to follow, according to Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture: Don't overcook them.

Remove them from the heat just before the last drop of liquid has begun to solidify, and let them finish cooking from the heat in the skillet. Eggs, like cheese, respond quickly to a very small amount of heat, and the margin between an egg dish properly cooked and one that is overcooked is very slim.

Scrambled eggs can be varied to suit the taste of family or guests. Diced bacon ham or chipped beef sautéd in the butter just before the eggs are added gives a delicious flavor and a pleasing texture. A dash of tomato sauce or catsup folded into the egg mixture ahead of the cooking time gives it special zest and tang.

If you favor the use of herbs, try your own combinations for Scrambled Eggs With Herbs. A mixture of basil, marjoram and sage is good--provided a light hand is used. The flavor of the herbs should enhance, not dominate, the dish.

Chopped chives and chopped parsley make a delightful combination. One teaspoon of each for four servings of eggs is a good proportion to use. For superflavor, sprinkle the scrambled eggs with a bit of grated cheese just before you send them to the table.

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FOR RELEASE WEEK OF MARCH 22, 1948

How to Clean Electric Kitchen Fans

Your electric kitchen fan is useful only if it is cleaned regularly. These fans, which help to carry off cooking odors and steam, also collect greases and black carbon. As the greases contact the cool surface of the fan, they solidify, leaving a film that catches dirt and dust.

This greasy film, which will not dissolve in water, can best be removed with kerosene. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, stresses the need for caution in using kerosene.

First, she says, be sure there is no open flame anywhere in the room. Turn off the gas and the pilot light, and see that there are no lighted oil lamps or cigarettes in the room.

Second, leave the kerosene can out of doors. You can moisten the cleaning cloth in kerosene outside the house. The cloth should be only slightly moistened. A very small amount of kerosene will clean the fan. Extra kerosene which drips from the fan creates inflammable areas on the floor. It will also fill the room with kerosene fumes.

Miss Ward also warns against cleaning the fan while it is still connected.

After you have taken all these safety precautions, rub the kerosene-moistened cloth thoroughly over all the blade surfaces, and around the base of the fan.

Of course you won't always need to clean the fan so thoroughly. In between these major cleanings, when the grease has not yet collected, you can just wipe off the blades with a dry cloth.

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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 29, 1948

Refinish Old Furniture and Save

Now that new furniture is expensive and supplies are still short, a good deal of money can be saved by refinishing old pieces on hand. Furniture can be beautifully refinished at home at little cost. It's a job that takes time, patience and energy, but a good piece of furniture is worth refinishing well.

Complete instructions for refinishing furniture are given in the University of Illinois College of Agriculture leaflet,"REFINISHING FURNITURE." It tells just what materials are needed and how to remove the old finish, prepare the surface for the new finish and apply the new finish.

This work is best done out of doors, on the porch or in a well-ventilated room. Some of the required materials give off fumes and should not be used in a closed room.

The leaflet also shows how to remodel old pieces of furniture. For example, a bed with a high curved headboard and footboard can be made "modern" by lowering the boards. It also shows how chests and dressers can be altered.

For a copy of the leaflet, "REFINISHING FURNITURE," write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR RELEASE WEEK OF MARCH 29, 1948

Keep the Flavor in Cooked Vegetables

Cooked vegetables are at their best when they are cooked until barely tender and served piping hot, right from the stove. Vegetable cooking sounds easy, even to the novice, but several mistakes are commonly made. One is overcooking, which causes loss of flavor.

There are three main points to remember in vegetable cooking, according to Mrs. Barbara Wheeler, foods research specialist, University of Illinois College of Agriculture:

First, start the vegetables in boiling, salted water. Use as little water as possible so that at the end of the cooking period the vegetable is just moist enough to be palatable. About 1/4 of a cup is enough--you need only to cover the bottom of the pan. If you use a great deal of water, most of the flavor of the vegetables will be lost in the liquid.

Second, cover the pan tightly to prevent evaporation. The cover will hold the steam in and keep the vegetables from drying out. Let the water return to boiling as soon as possible after adding the vegetables; then reduce the heat so that the water boils gently.

The third important point is timing: Usually 7 minutes will be long enough to cook fresh vegetables. Test a piece at that time to be sure it is done through. The longer the vegetables cook, the less flavor they'll have when served. Mrs. Wheeler says that you can decrease the cooking time by cutting the vegetables into small pieces. For example, you can separate onions into rings, cauliflower into flowerettes, cabbage into shreds, carrots into thin slices or strips, beets into shreds and broccoli into thin stalks.

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FOR RELEASE WEEK OF MARCH 29, 1948

Let's Get Ready for Home Canning

Food preservation is listed high on home calendars again this season. It is time to outline plans--to take stock of equipment on hand and to arrange for repairs or replacements.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, recommends that the pressure canner be given first attention. It is necessary for safe home canning of low-acid fruits and vegetables; and if major repairs or replacements are needed, considerable time may be required to do the job.

Closing devices on the canner should be examined carefully. Whether a clamp or collar device is used, the closing should be steamtight. The petcock should be taken apart and cleaned thoroughly, even though the job was done when the canner was stored last fall. The safety valve, which opens to let out steam when the pressure becomes too high, must be in good working order.

One of the most important parts of the canner is the pressure gage. It is the device that controls the temperature; and unless it operates accurately, it is of no value. The gage should be checked at the start of the season and rechecked periodically throughout the season if considerable canning is to be done.

In every community in Illinois there are agencies prepared to check pressure canner gages for accuracy. In some communities the public utility companies take care of the service. In others the stores handling the equipment do the checking. In still other areas the county home adviser is prepared to do the testing.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

RELEASE WEEK OF APRIL 5, 1948

NEED NEW CURTAINS? YOU CAN MAKE THEM AT HOME--AND EASILY

Finding ready-made curtains to fit the family pocketbook as well as the windows presents a rather difficult problem these days. Many women are solving it by home sewing--designing and making their own curtains and draperies.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, reminds us that the attractiveness of the interior of our home depends largely on the way we treat the windows. The shades and draperies we select and the way we use them is very important.

The best window treatment for a room depends on a number of things. The size and shape of the room and the arrangement of the windows should be considered, as well as the general character of the room and its furnishings.

Often there is the problem of making the window appear larger or smaller than it actually is. There is also the problem of height to consider. Color, texture and pattern of curtain and drapery fabrics are important.

Miss Iwig's leaflet, "WINDOW TREATMENT," will help solve these problems and scores of others. The various types of windows are illustrated and discussed, and explicit directions are given for taking measurements for curtains and for making them.

For a copy of "WINDOW TREATMENT," write to the University of Illinois College of Agriculture, Urbana, Illinois.

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RELEASE WEEK OF APRIL 5, 1948

ANGEL CAKE FOR SPRING MENUS--IT'S EASY TO MAKE

Angel cake is a fine dessert choice for lunch or dinner at this time of year. Eggs are plentiful and quite reasonable in price, and few other ingredients are needed.

Mrs. Barbara Wheeler, foods research specialist, University of Illinois College of Agriculture, reminds us that a tested recipe is the first requirement. She recommends this one from the Foods Laboratory. It won't trick you provided you follow directions for measuring, mixing and baking to the letter.

ANGEL CAKE

1 1/2 cups egg whites	1 1/2 teaspoons cream of tartar
1 1/2 cups sugar	1/2 teaspoon salt
1 cup cake flour	1 teaspoon vanilla and 1/2 teaspoon almond extract

Beat egg whites with cream of tartar, flavoring and salt until very fine and stiff--yet moist. Add five-sixths of the sugar gradually, one tablespoon at a time, beating only until no dry sugar is visible. Sift the rest of the sugar--one-sixth--with the flour. Add the flour-sugar mixture to the meringue, one tablespoon at a time, mixing after each addition until no flour is visible.

Turn the batter into an ungreased tube pan, running the spatula back and forth through the batter to release air bubbles, which cause poor texture. Bake at 425°F. for 15 minutes. Turn off the heat and leave the cake in the oven until done--about 10 minutes.

To test for doneness, insert a fine cake tester into the center of the cake. The cake is done when no batter clings to the tester. Invert the pan on a rack until the cake is thoroughly cool--this prevents the delicate-textured cake from falling.

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RELEASE WEEK OF APRIL 5, 1948

TROUT--COOK 'EM IN THE OPEN

The Illinois trout season opened April 1. The division of fisheries has released more than 12,000 legal-size trout in the cold water streams of the northwestern part of the state. According to the state conservation department, there should be good fishing.

Scores of fishermen will want to celebrate by cooking their first catch over the campfire--and rightly. Food cooked out of doors always seems to taste extra-special. Then, too, there is something about the flicker and warmth of an open fire that puts everything and everyone right with the world.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that fishermen tuck a few strips of bacon into their pack along with the fishing tackle. When cooking time rolls 'round, prepare the trout and wrap each one in a strip of bacon. Fasten with a skewer and cook over glowing coals. By the time the bacon is crisp and brown, the fish will be cooked just right. Small trout cooked with bacon usually need no additional salt.

For top o' range preparation, Miss Cook suggests that the trout be dipped in seasoned cornmeal and tossed into a hot frying pan, well greased with bacon or salt pork. Only a few minutes' cooking is needed for small trout--just enough time to brown the trout and heat them through.

Melted butter is about the only sauce that does not mask the fine trout flavor. Melt it in the pan, simmer very gently and pour over the trout. Add a garnish of lemon slices and a bit of parsley, and send them to the table piping hot.

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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 12, 1948

Spice Up Low-Cost Meat with Curry Powder

Curry powder can turn a low-cost piece of meat into something special, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Long, slow cooking will make the meat tender, but it's the curry powder that gives it that extra flavor.

Here's a recipe for Curried Beef Neck, an economical and tasty dish:

CURRIED BEEF NECK

2 to 3 lb. beef neck
1/4 cup flour
1 1/4 tsp. curry powder
1 1/2 tsp. salt
1/4 cup fat
2 T. minced onion
2 T. minced green pepper
1 to 2 cups water

Cut beef into pieces for individual servings. Combine flour, curry powder and salt, and dredge meat. Brown in fat to which onion and green pepper have been added. Add water, cover tightly and simmer on top of stove or in slow oven (325°F.) till tender--about 2 hours. Remove meat, thicken liquid and serve with the meat.

The proportion of curry powder listed in the recipe is keyed to average tastes. It should be varied to suit family tastes. Guard against overseasoning, however, as too much spice tends to mask the flavor of the meat.

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FOR RELEASE WEEK OF APRIL 12, 1948

How to Freeze Fresh Rhubarb

One of the first vegetables to come up in the spring is rhubarb. And it's those young, tender stalks that are perfect for freezing. Miss Grace Armstrong, foods specialist, University of Illinois College of Agriculture, warns that it's important to select top-quality rhubarb and to prepare it for freezing as soon as it's picked.

Wash the rhubarb thoroughly in cold, clean water. Do not peel, for the color and flavor lie very close to the surface, and peeling reduces both. Cut the rhubarb into about 3/4 inch pieces.

The next step is blanching--an important step to retain the greatest possible amounts of color, flavor, texture and nutritive value. To blanch, weigh one pound of rhubarb into a wire basket or sieve. Lower the basket into a kettle with 2 1/2 quarts of boiling water. Cover the kettle and keep the heat turned on while the rhubarb is blanched for 1 1/2 minutes. Count the time from the moment the rhubarb is put into the water.

At end of 1 1/2 minutes remove the basket and plunge it into a large container of cold water. For quick cooling, it's best to do this under a running cold water faucet. When running water is not available, use ice water or several kettles of cold water.

After cooling, drain the rhubarb thoroughly and pack at once. Seal the container and, if possible, put it into the freezer or locker immediately. If you can't make the trip to the locker right away, the containers can be left in the refrigerator for a short time. They must not be left, however, longer than three or four hours. The temperature of the refrigerator should be between 38° and 45°F.

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FOR RELEASE WEEK OF APRIL 12, 1948

Garments Shrink--What to Do About It

Shrinkage of materials is one of the problems that is plaguing scores of women these days. A dress or suit that fits perfectly when new is a half size or a size smaller after a trip to the laundry or dry cleaner.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says that most materials should be shrunk before they are made into garments--even those that carry a preshrunk label. It is the only way to assure a perfect fit after the garment has been laundered or dry cleaned. The only materials that need not be shrunk are those that water-spot--rayon crepes, silk shantungs, rayon prints.

The London Shrunk method is the most satisfactory one for shrinking wools. Dip a sheet into water, wring as dry as possible and spread on a flat surface. Place the wool on the sheet, keeping it folded lengthwise, as it comes from the bolt. Roll material in sheet and let stand from five to six hours. Unroll on a flat surface and straighten the grain of the material. This is difficult to do until the material has absorbed some moisture. When the grain is straight, the threads will be at right angles to each other.

Reroll the wool in the sheet and let it stand for 18 to 20 hours. Unroll on a flat surface, keeping the grain of the material in the right position, and let dry--do not hang. When thoroughly dry, press over lightly, using an up-and-down motion only on the length of the material.

Shrinking cotton and other washable materials is not so complicated a process as shrinking wools. Soak the material in lukewarm water for about 20 minutes. Remove from water and press out as much moisture as possible, using the hands. Do not wring, as it tends to stretch the grain of the material. Place the material on a dry sheet spread on a flat surface. Be sure the grain is in correct position, then roll and let stand for five to six hours.

Unroll the material and spread on a flat surface to finish drying, keeping grain in correct position. When dry, smooth out wrinkles with a warm iron.

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Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 19, 1948

How to Wash Wool Blankets

Wool blankets can be washed successfully at home, even though wool is touchy about soap and water. There are three things wool can't stand, according to Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. The first is sudden temperature changes; the second,excess alkali (water softener or strong soap); and the third, rubbing.

To avoid sudden temperature changes, Miss Gray recommends lukewarm water for both washing and rinsing. Plunging wool into hot water tends to shrink fibers and make the material hard. It's just as bad to transfer wool from warm water to a cold rinse, or to dry it by a hot stove or out of doors in freezing weather. It's best to dry wool blankets outside on a mild, sunny day when there is little wind. A strong wind whips the blankets, and the fabric, when wet, is likely to tear.

Use a mild soap; and if you need a water softener, use it cautiously. Excess alkali in the water will shrink and felt the wool.

Blankets should be washed gently, preferably by hand. Squeeze the suds through the wool. Hard rubbing will shrink and mat the fabric. When a washing machine is used, it should be run slowly, and only one blanket should be washed at a time. Miss Gray warns to guard against prolonged washing in the machine. It's better, she says, to start over again with fresh suds if there is too much soil to be removed with one short run.

When the blanket is clean, rinse two or three times in clear lukewarm water, the same temperature as the washing water. Squeeze the water out gently, for it is easy to tear the fabric when it is wet. Blankets should be hung with weight distributed evenly on both sides of the line. This makes clothespins unnecessary. Miss Gray suggests that blankets will dry more quickly if two lines close together share the weight. As the water collects at the ends, it can be squeezed out. An occasional shaking will fluff out the nap.

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FOR RELEASE WEEK OF APRIL 19, 1948

Finger Painting Will Entertain Children

Instead of mud pies and wet feet, let your children try some finger painting the next rainy Saturday. For that matter, why wait for a rainy day? They'll have lots of fun with finger painting in any weather.

Finger painting is just what it sounds like--painting with fingers instead of brushes. But it doesn't stop there, says Miss Eleanor Neff, child development laboratory, University of Illinois College of Agriculture. Children soon learn that they can make exciting new patterns by using the sides of their hands, then their arms--and sometimes even their chins. But don't worry about that--the paint is washable and comes off easily. And it's always a good idea for children to wear aprons or smocks when they're painting.

Miss Neff has a recipe for finger paint that you can make at home. This mixture can be kept for over a week if it is covered tightly and stored in a cool place.

1/2 cup Linit starch
1 1/3 cups boiling water
1/2 cup soap flakes
powdered paint, or vegetable coloring
1 T. glycerin

Mix the starch with enough cold water to make a smooth paste. Add the boiling water and cook till glossy. Stir in the dry soap flakes while the mixture is still warm. Cool, add glycerin and pour into jars. Add the color to the paste when you are ready to use it. Use either powdered paint or vegetable coloring, and mix only the amount needed.

Any glazed paper, such as shelf paper or even wrappings from the butcher shop, is good for finger painting.

When the children are ready to start painting, run the paper through a pan of water. Then smooth out the paper on an enameled or oilcloth-covered table. Scoop out about a tablespoon of finger paint, put it on the paper and then--leave the children alone. Let them discover for themselves all the tricky things they can do with finger paint. They'll have more fun that way. Remember, Miss Neff says, a child's standards of beauty aren't the same as an adult's. She recommends encouraging your child and taking an interest in his painting--but not telling him how or what to paint.

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FOR RELEASE WEEK OF APRIL 19, 1948

How to Freeze and Can Fresh Asparagus

When asparagus is ready to eat, it's ready to preserve, either by freezing or canning. For both processes you should use freshly cut asparagus. A few hours' delay after picking means not only a change in flavor, but also the growth of many bacteria.

Here are complete directions for freezing and for canning asparagus from Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture.

FREEZING

Wash the fresh asparagus thoroughly in clean, cold water and discard injured or inferior parts. Freezing will not improve poor-quality vegetables. As a matter of fact, woodiness in asparagus is likely to be more noticeable after freezing.

The next step is blanching which preserves the color, flavor, texture and nutritive value. Weigh one pound of asparagus, and put into a wire basket or sieve. Lower the basket into a kettle with six quarts of boiling water. Cover the kettle and keep the heat turned on during the 3-minute blanching period. Then plunge the basket into a kettle of cold water. Running water or ice water is best, but if you have neither, use three or four pails of cold water. As soon as the water gets warm in one pail, change to the next.

When the asparagus is cooled, drain thoroughly and pack at once. Use containers that can be sealed tightly and freeze immediately.

CANNING

Because asparagus is a low-acid vegetable, it must be canned in a steam-pressure cooker. Boiling water will not destroy spoilage organisms in low-acid vegetables.

For long pieces, cut the asparagus stalks the right length to fit upright in the container and tie in bundles. Place upright in kettle with boiling water to cover lower part of stalks. Cover tightly. Boil three minutes and pack hot into containers. Remove string as the asparagus slips into container. Add 1/2 tsp. salt to each pint. Cover with fresh boiling water and process at 10 pounds' pressure. Pint jars will require 25 minutes, quart jars 55 minutes and No. 2 and 2 1/2 cans 20 minutes.

If you prefer short pieces, cut the stalks into short lengths. Cover with boiling water and boil three minutes. Pack hot into containers, and follow directions given above.

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Homemaking news

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FOR RELEASE WEEK OF APRIL 26, 1948

Time to Assemble Canning Equipment

Canning equipment will be needed for the early fruits and berries very soon. Assembling it in advance will save time later on and prevent food waste. Early fruits, especially berries, are very perishable.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that a hot-water bath is satisfactory for processing. Early fruits are high in acid, and a boiling temperature (212°F.) is sufficient to process them for safe keeping. However, the hot-water bath should not be used for processing low-acid vegetables and meats. A pressure canner is necessary to secure the correct processing temperature.

Special hot-water bath equipment may be purchased ready for use. But it is wise to check equipment on hand before new purchases are made. Very often an excellent hot-water bath can be assembled from articles already in the home kitchen.

The first requirement is a large utensil with a tight-fitting cover. A wash boiler, large kettle or lard can will do nicely. The utensil should be deep enough to permit water to cover the jars or cans and for the water to boil rapidly.

The other requirement is a sturdy rack to fit the bottom of the utensil, on which to place the containers of food. A board with large holes bored through it to allow water and steam to circulate, strips of wood nailed together criss-cross fashion or a strong, firm wire rack is suitable.

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FOR RELEASE WEEK OF APRIL 26, 1948

Leisurecraft and Counseling Camp Scheduled for May 24-29

The thirteenth annual Leisurecraft and Counseling Camp will be held at East Bay, Lake Bloomington, May 24-29. The conference is to assist camp counselors and directors in planning the work for the season. E. H. Regnier, rural sociology specialist, University of Illinois College of Agriculture, suggests that those wishing to attend check immediately with the home adviser in their county. May 10 is the deadline for making reservations.

This year the plan is to give those who attend experience in decentralized camping work compared with the assembly type which has been studied in previous years. In setting up the program, the committee is considering skills and techniques for the group leaders for cabin living, and small group participation in camp activities. Group discussions will be held on methods of operating the decentralized camp.

Outstanding resource people have been secured to assist with the program. Miss Thelma Patterson, nationally known camp consultant, and Howard Tanner, graduate of the national recreation school and leader in crafts work, will lead discussions on camp philosophy, program planning, management and general camping activities.

Richard Chase, coordinator of folk arts for the Virginia Federation of Music Clubs and County Superintendents will direct the work in folk arts, particularly folk tales, and in singing games and songs. Professor John Klassen, Bluffton College Department of Art will be on hand to take charge of the wood carving. Russell Rice and Ernest Yorger, West Lafayette, Indiana, will direct creative and active games suitable for intermediate and junior camps.

Other camp activities will include work with leather, shells, plastics, puppets, fly-tying and glove-making. Social recreation training will include party planning and recreation for evening programs in a camp situation.

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Homemaking news

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FOR RELEASE WEEK OF MAY 3, 1948

Good Housekeeping Stops Clothes Moths

Good housekeeping is one of the most effective weapons against clothes moths. But like all weapons, it must be pointed in the right direction. You have to know where to look for the moths.

One breeding place which is often overlooked is in floor cracks, according to Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture. Bits of woolen lint and hairs in the cracks provide food for the larvae. The space beneath and behind quarter rounds and baseboards is another excellent breeding place. Moths thrive, too, in carpeting beneath heavy pieces of furniture which aren't often moved. They also like upholstered furniture and make great headway under slip covers. In other words, dark places which are hard to clean make fine feeding grounds for moth larvae.

To control moths, then, these habits must be kept in mind. Thorough and frequent vacuuming is very important in an anti-moth campaign. Moths make no headway in properly cleaned carpets and upholstered furniture. Slipcovers should be removed often so that the upholstery can be carefully brushed or vacuumed. The vacuum cleaner can also be used to draw out lint, hairs and other potential moth-food from floor cracks and baseboards.

Wool clothing which is kept in closets and not sealed away for summer should be sunned and brushed often. Neatness on closet floors helps, too. A piece of wool in a dark corner could feed a great number of moths. Miss Zwolanek warns that wool clothing in drawers is open to moth attack. It calls for constant attention.

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FOR RELEASE WEEK OF MAY 3, 1948

Biscuit Variations

Biscuits can come to the table in a variety of forms. They can be dressed up for teas in a number of ways and they can serve, too, as the main dish for lunch. Miss Virginia Charles, foods research specialist, University of Illinois College of Agriculture, says that there are many ways to vary the basic biscuit.

One way is to add new ingredients to the dough. Miss Charles suggests the addition of grated cheese or finely chopped nuts. Bits of bacon, too, make a flavorful biscuit. The bacon should be diced and browned before it is added, and when bacon is used the amount of fat in the biscuit dough can be reduced slightly.

The shape of the biscuit can be varied, too. Pinwheel biscuits are attractive and easy to make. Miss Charles says to roll the dough thin, spread with a filling, roll up jelly-roll fashion and slice crosswise. An endless variety of fillings can be used. Chopped leftover meat or chicken in pinwheel biscuits makes a good lunch dish. Other fillings which may be used include deviled ham, grated cheese, fruit and nuts, jam, jelly, dates and nuts and brown sugar with cinnamon.

Biscuit dough can also be used to make a quick coffee cake. One method is to spread a filling on a thin layer of dough, then cover with another layer of dough. The top layer can be slashed so that the filling shows through. Melted butter can be brushed over the top and sprinkled with sugar and cinnamon.

Round biscuits can be varied by dropping a spoonful of jelly on the top, or by sprinkling with grated cheese just before removing from the oven.

Miss Charles warns that biscuit dough must be mixed quickly and lightly. If it is handled too much, it will become tough.

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FOR RELEASE WEEK OF MAY 3, 1948

Time to Make Strawberry Preserves

Strawberry season is here, and that means it's time to put up strawberry preserves. There are several good methods of making preserves. Miss Grace Armstrong, foods specialist, University of Illinois College of Agriculture, recommends the following recipes:

STRAWBERRY PRESERVES (with pectin)

4 1/2 cups prepared fruit
3 lb. sugar
1/2 bottle fruit pectin

Cut about two quarts of fully ripe berries in halves lengthwise; cut large berries in quarters. Measure sugar and prepared fruit into large kettle, mix well and bring to a full rolling boil. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in pectin. Then stir and skim by turns for just five minutes to cool slightly, to prevent floating fruit. Pour quickly into sterilized jars. Seal with melted paraffin at once.

8-MINUTE STRAWBERRY PRESERVES

Select large firm berries of deep red color; wash and hull. Weigh berries and add an equal weight of sugar. Mix berries with sugar, using a wooden spoon and lifting berries gently to avoid crushing them. Place at once over the fire. Bring quickly to the boiling point and boil rapidly for 8 minutes. Seal in sterilized jars. By this method the berries keep their shape and the finished product has a clear rich color.

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RELEASE WEEK OF MAY 3, 1948

Home Economics Editor Joins Staff

Joan Miller, Des Moines, Iowa, has been named assistant extension editor at the University of Illinois College of Agriculture. She joined the staff of the extension editorial office this week.

Miss Miller was graduated from Iowa State College, Ames, in 1944 and worked for two years as assistant home economics editor of Cappers' Farmer magazine in Topeka, Kansas. She was recently employed as assistant director of home economics for the DownTown Shopping News in Los Angeles, California.

In her new work, Miss Miller will be responsible for planning and preparing home economics information for weekly and daily newspapers in the state.

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Homemaking news

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FOR RELEASE WEEK OF MAY 10, 1948

Rhubarb--Use in Preserves

Rhubarb lends itself to a variety of combinations in preserves and sauces. One interesting combination is in season now--rhubarb and strawberry preserves. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture suggests the following recipe:

RHUBARB AND STRAWBERRY PRESERVES

1 lb. rhubarb
1 qt. strawberries
3 1/2 cups sugar

Wash rhubarb and cut in inch-length strips. Do not peel unless skin is tough. Wash berries and hull. Combine rhubarb and berries in preserving kettle, sprinkle with sugar and let stand for two hours. Heat fruit slowly until a sirup is formed and the boiling point is reached. Then boil in a full rolling boil till mixture is thickened and clear--about 20 minutes. Turn into sterilized glasses and seal with melted paraffin.

Another good combination is rhubarb-pineapple-strawberry preserves. Rhubarb also combines well with pineapple alone. The pineapple can be used in either crushed or chunk form. Either fresh or canned pineapple may be used for preserves.

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FOR RELEASE WEEK OF MAY 10, 1948

How to Remove Grease Spots from Wallpaper

Grease spots can sometimes be removed from wallpaper. The success of the treatment depends largely upon how long the spot has been on the paper. Old spots are very difficult and sometimes impossible to remove. But fresh ones can often be successfully treated.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, suggests the following treatment: Make a thick paste of water and either French chalk or powdered magnesium. Apply the paste to the grease spot, and let it dry thoroughly for 24 hours. Brush it off carefully. If the first application does not remove the spot, repeat two or three times.

Another paste can be made of cornstarch and carbon tetrachloride. This mixture should be tested before using to be sure that it will not affect the color of the paper. If it tests successfully, apply in the same way as the other paste.

Old grease stains will come through new wallpaper, Miss Iwig says. If you're repapering, it's best to seal grease spots with a coat of aluminum paint or shellac before the new paper is applied.

Ordinary soil is easily removed by using a homemade or commercial cleaner. Work slowly, using even strokes. Clean washable papers by wiping them with a cloth wrung out of clear, lukewarm soft water. Then dry with a clean cloth. Use water sparingly so that the paper will not absorb it. Many washable papers of firm quality may be cleaned with soap jelly and a sponge or cloth. Use light, even strokes, and rinse with sponge wrung out of clear, warm soft water.

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FOR RELEASE WEEK OF MAY 10, 1948

Mildew Can Be Prevented

Was there mildew in your house last summer? Then perhaps you'd be wise to take steps now to prevent its reappearance this season.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says that mildew grows rapidly in warm, moist air, so the first step is to air the house thoroughly. Leave doors of poorly ventilated closets open. Burn an electric light in small closets to dry them out, or set an open dish of calcium chloride on the floor to absorb the dampness. As soon as it becomes watery, replace with a new supply.

If the whole house was moldy last year and still smells musty after being closed up during the cold weather, Miss Gray recommends a thorough airing on the first mild, sunny day. If this does not do the job, start the furnace and get the entire house very warm. Then air again, using electric fans to help change the air rapidly. Do all this, of course, on a clear, bright day.

Basements are particularly liable to dampness. Miss Gray suggests spreading chloride of lime on the floor. When the musty odor has disappeared, sweep up the lime. And when you have done away with the moldy smell, keep dampness out. Open basement windows only during the dry part of the day--never at night when dew is falling. Ventilate the entire house thoroughly as often as possible. It is well to do this at night in hot weather, leaving the windows closed during the hot part of the day to shut out humidity.

Miss Gray says to be especially careful of damp clothes. Soiled towels and wet clothing should not be dropped in the hamper before they are thoroughly dried. Never leave clothes dampened for ironing overnight during the summer. Wet shower curtains, too, mildew easily unless they are spread out on the rod until dry.

All this is a lot of work in hot weather, but if prevention becomes habit, you can avoid loss from the black specks of the almost permanent mildew stains,and there will be less of the disagreeable moldy odor.

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Homemaking news

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FOR RELEASE WEEK OF MAY 17, 1948

Buy Nylon Hose for Daily Needs

Do your nylon hose seem to run and snag too easily these days?

The fault may be in buying hose that weren't designed by the maker to suit your everyday needs, says Miss Edna R. Gray, clothing specialist, University of Illinois College of Agriculture. Wanting sheer-looking hose, women have bought and worn the sheerest nylons for heavier duty than they can take.

Sheerness in silk and nylon is indicated by the word denier. A 15 denier nylon is especially thin for dress up and evening wear; a 30 denier is for everyday duty. If you put on two stockings of the same color, one 15 denier and one 30 denier, you're likely to be surprised about how little difference there is in appearance of the two, Miss Gray believes.

Analyze your hose problem before buying new ones. Which length and denier has worn best for you, which brand has seemed most satisfactory? Then report your preference to your retailer. This will help him in ordering for your future satisfaction.

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FOR RELEASE WEEK OF MAY 17, 1948

Choose General Purpose Tomatoes

For the few folks just getting around to selecting tomato varieties for home gardens, here's last-minute advice. Stick to the large red-fruited, general purpose kinds, says Lee A. Somers, gardening specialist, University of Illinois College of Agriculture.

These varieties are well adapted to the corn belt. And for slicing, canning and juicing, they're excellent.

Pritchard, Marglobe, Rutgers, Early Baltimore and Garden State are good choices. Also they've been bred for resistance to the soil-borne disease, tomato wilt. Bonnie Best, John Baer and Stokesdale are good varieties--a bit earlier than some others--but not wilt resistant.

Break-O-Day is wilt resistant and a good slicer; it's not adapted to canning or juicing. Ponderosa, also sold as Beefsteak, bears few but very large fruits; it's used only for slicing.

For color variety you may like the pink Gulf State Market or Livingstone Globe, or the deep yellow Jubilee; all are good slicers.

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FOR RELEASE WEEK OF MAY 17, 1948

Re-Cane Chair Seats

Is your favorite chair stored in the attic because the cane seat wore out? Spring is a good time to salvage it and re-cane the seat.

Doing the work at home means money saved, suggests Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. Cane comes in various sizes, so it's wise to have a sample from the old seat when buying or ordering.

Equipment for the work is simple, inexpensive. Scissors, an ice pick or awl, a container in which to soak cane, and four or five wooden pegs two or three inches long are the requirements.

Directions on weaving with cane are in Miss Iwig's leaflet, "WEAVING CHAIR SEATS WITH CANE, RUSH, AND SPLINT." Send your request to the University of Illinois College of Agriculture, Urbana, Illinois. There's no charge for the publication.

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Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 24, 1948

Can Vegetables with Pressure Cooker

Whether you're a freshman or a past master at canning vegetables, you'll find it's easier if equipment has been collected and checked carefully beforehand.

To can vegetables--except tomatoes, pickled beets or pimientos--use a steam pressure cooker for processing, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. It's the only way to get a high enough temperature for canning to insure safe keeping of foods. Carefully follow directions for using the canner, because you'll be working with steam under pressure.

For successful processing, the canner must be in good working order. An accurate pressure gauge is especially important to get the right temperature, Miss Cook stresses. Have the gauge checked now. If you don't know the place to have it done, ask your county home or farm adviser.

Before using the cooker, clean the pet-cock and safety-valve openings by drawing a wire or needle through them. Do this often during the canning season. It's best to check the cooker for steam leakage before using it also. Pour in water, put on lid as if for canning, then place over heat. Check to see that the right pressure can be reached.

FOR RELEASE WEEK OF MAY 24, 1948

Shop Wisely for Cottons

Cotton is fashion's fair-haired child today. It will play a big part in your family's summer wardrobe, from housedresses to sister's graduation formal, predicts Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture.

When you step into a dry goods department, look on all cottons for a label which guarantees that they won't shrink more than 1 per cent, says Miss Carl. The sanforized label is one of these.

If fabric isn't preshrunk, you'll want to do the job at home before starting to cut it. Thoroughly soak the material in warm water. Roll it in a towel to absorb excess moisture; do not wring or twist. Lay it flat on large kitchen table or on floor with papers underneath. Be sure the material is straight so that it will be grain-perfect. When dry, iron lightly.

Of course you'll want to check the color fastness of cottons to washing and sun. When buying dimity, voile or batiste, notice whether it's crease-resistant; this feature is definitely desirable. Also some dimity, organdy and batiste fabrics have a durable finish so that they don't have to be starched. If you're buying seersucker, you'll prefer the kind with a permanent crinkle. You can check these points by reading labels or asking the salesperson.

Glazed fabrics, such as chintz, are becoming popular for colorful summer styles. Read labels on these to be sure glaze is durable. They will take to water, but ask for washing directions since these fabrics come in the "handle-with-care" class.

FOR RELEASE WEEK OF MAY 24, 1948

Children Need Health Checkups Now

If your child is entering school in the fall, he should have a general health checkup now, says Miss Fannie Brooks, health specialist, University of Illinois College of Agriculture.

Special attention should be given to eyes, ears, teeth and posture. A child who needs any special treatment will be better off if the work is done early, immediately after the checkup. This gives him a chance to convalesce before starting or returning to school. For example, it's much better for a child with poor eyesight to enter school with that handicap corrected.

Immunization against smallpox and diphtheria also should be complete before school opens. Smallpox, according to Miss Brooks, is probably the easiest of the communicable diseases to control. Ideal time for first vaccination is when child is 3 to 6 months of age. However a single vaccination will not protect a child indefinitely. Vaccination should be repeated at intervals of not more than 3 years, and more often if there's an epidemic.

Immunization against diphtheria is a simple procedure. It's best that it be given to a child 6 to 9 months of age. Then the child should be given a stimulating dose at time of entering school. Roughly two-thirds of all diphtheria cases occur among school children, so it's especially important to immunize children against diphtheria before they enter school.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 31, 1948

Have a Strawberry Ice Cream Social

With strawberries so plentiful it's a good time to catch up on home entertaining, suggest food specialists at the University of Illinois College of Agriculture.

Ice cream inspires a party any time. Keep a refrigerator tray filled with pink strawberry ice cream. Then you're all set to welcome guests who drop in Saturday evening or Sunday afternoon.

STRAWBERRY ICE CREAM

2 cups strawberries	1 cup sugar
1 tablespoon lemon juice	2 cups whipping cream

Put berries through a sieve. Be careful to keep out lumps of fruit, as these freeze in hard lumps. Stir in the lemon juice and sugar, using more or less sugar as desired. Whip cream until just stiff, then fold in fruit. Put in refrigerator tray and freeze until hard. Serves 10 to 12.

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NJM:lk
5/25/48

FOR RELEASE WEEK OF MAY 31, 1948

Teen-Agers Like Summer Parties

"Let's have a party" is an idea that teen-agers take to eagerly. Especially during summer vacation, they may find that time hangs heavy when the day's work is out of the way and there's nothing but a movie for entertainment.

Easy-to-give party ideas are many, says Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture. She believes the best parties are those where everyone pitches in to help with the food and entertainment.

A kitchen spread or ice-box raid is a lot of fun and little work for Mom ahead of time. The gang will enjoy fixing their own triple-deck sandwiches, beverages and fancy ice cream concoctions if food is all arranged in the refrigerator beforehand. Hayrides, picnics and barbecues always mean a good time too.

Following a theme in invitations, costumes, decorations, entertainment and refreshments makes things seem more festive. This needn't mean extra expense either. For instance, send out invitations to a pioneer square-dancing party on rough paper with writing done in heavy ink. Have fellows wear blue jeans and plaid shirts, girls wear their new long full skirts with white blouses. Decorate with kerosene lamps and checkered table cloths. Serve refreshments on tin pie pans.

Let young party-givers work out their own arrangements, Mrs. Arnold suggests. Tell them what the possibilities are for the time, place and refreshments. Then put them on their own to figure out theme, invitations, and the "eats." It gives them a chance to really make it their party and simplifies the preparation for the rest of the family.

NJM:lk
5/25/48

FOR RELEASE WEEK OF MAY 31, 1948

Baby Likes Sun--in Moderation

Baby enjoys basking in summer sun like everyone else.

Give your baby regular sun baths, but time the length of exposure, says Miss Nellie Perkins, professor of child development, University of Illinois College of Agriculture. Start sun baths with periods of not more than 1 1/2 minutes. Gradually increase the time to 3 minutes, but never longer than this in direct sunlight, Miss Perkins says. Dress the baby in diapers and a thin shirt for sun baths.

Whenever you take an infant outdoors, face the buggy away from the sun. A baby's eyes are especially sensitive and need protection.

If your child is taking naps outdoors, even on hottest days have a light cover to spread over him after he's asleep. He needs some protection from chilling, though he'll probably object to a covering as long as he's awake. A large piece of cheesecloth or thin muslin can serve this purpose.

As a safety precaution, always brace the buggy wheels when you put a baby outdoors. A youngster is active and likes to bounce around; he may start the buggy rolling unless it's anchored.

Children may suffer more than adults on extremely hot days, according to Miss Perkins. Sponge baby often with a damp cloth or sponge to make him more comfortable.

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NJM:lk
5/25/48

FOR RELEASE WEEK OF MAY 31, 1948

Control Weight by Diet

If the scales tip too high when you step on, a check of what you've eaten probably will explain why.

The direct cause of being overweight is always too many calories, says Miss Harriet Barto, associate professor of dietetics, University of Illinois College of Agriculture. Often eating is used as an emotional outlet for boredom, worry or loneliness; this may be an indirect cause of overweight. There is a common tendency to grow fatter with increasing age, but it is now believed to be due to a person's having more leisure time and eating extra, richer food. Sometimes, too, the nervous tension that often accompanies middle age finds its release in eating more food more often.

It's easier to prevent overweight than to correct it, but weight can be reduced, Miss Barto advises. And the effective way to reduce is by sane dieting. Exercise is seldom effective because it takes such a large amount of physical activity to burn up even a little extra fat.

"WEIGHT CONTROL--HOW TO GET AND KEEP THE WEIGHT YOU WANT," a new leaflet by Miss Barto, includes sample menus of low-calorie diets. "SANE REDUCING DIETS AND HOW TO PLAN THEM" lists reducing menus for one week and has a calorie chart of common foods. For leaflets, write to the University of Illinois College of Agriculture, Urbana, Illinois.

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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 7, 1948

Pineapple--Freeze or Can

A few jars or frozen packages of pineapple put away now will assure you of some mighty good-eating desserts and salads later on this year. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says a delicious product can be had by canning or freezing this fruit when it's ripe.

To can pineapple, slice, peel, core and remove all eyes from it. Cut slices into sections if desired. Boil pineapple 5 minutes in thin sirup (2/3 cup sugar mixed with 2 cups water and brought to boiling point). Pack into containers. Cover with boiling sirup. Process pint or quart jars for 30 minutes in a boiling water bath.

For freezing, peel and core the pineapple the same way, removing any bruised or over-ripe spots. Cut the slices into wedges. Cover with a sirup made by mixing 1 cup sugar with 1 1/4 to 2 cups water; stir sugar into water to dissolve it or heat sirup to dissolve it more quickly but let it cool before using. Put fruit in cartons or jars and cover immediately with sugar sirup. Seal at once and freeze.

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6/1/48

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Lengthen Slips for Long Skirts

To wear longer skirts, you need longer slips. And the lingerie department is where many feminine wardrobes are lacking these days.

There are several cures for the too-short slip according to Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. Wide cotton lace may be sewed around the hem of any slip. First pin or baste lace on slip. Hold lace slightly full, easing it on so there's an allowance for shrinkage. If you have already shrunk the lace, this won't be necessary. Finish by stitching the lace on with your machine,or it can be done by hand.

If the hem of a slip is already lace trimmed, follow the same method of lengthening it--by sewing lace on lace. Perhaps the original lace trim is scalloped; then slide the straight edged lace up under the scalloped lace as far as necessary and stitch in place.

Embroidered cotton eyelet lace is a pretty way to lengthen and trim a slip. Put it on fuller to give a ruffled effect. Or ruffle the eyelet first by loosely stitching it near one edge on your machine, then pulling the threads until it's evenly ruffled. One way to apply this is to lay the edge of the slip, right side down, over the line of stitching on the ruffle and stitch together.

When a slip is too short to be usable even with the addition of lace, you might cut if off several inches below your waistline to use as a camisole top for a petticoat. Hem it and run elastic through a casing at the waistline so it will stay in place when you wear it.

NJM:lk
6/1/48

FOR RELEASE WEEK OF JUNE 7, 1948

Right Sink Improves Kitchen

So you're going to get a new kitchen sink! As you shop, remember you're not just buying a sink but a part of your total kitchen equipment, suggests Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

Three types of sinks are available for you to choose from--single or double basin and the electric dishwasher sink. The single basin sink will usually serve well enough if you don't have an automatic hot water supply. Without automatic hot water you're likely to be heating water in the dishpan and doing dishes at the range or work counter so the double basin would be of little help.

With automatic hot water and either a single or double basin sink that has a basket drain to hold water in, dishwashing and rinsing are done right in the sink. Double basins are handy when two people want to use the sink at once.

If you're considering a ready-made cabinet sink that's 5 or 6 feet long, measure just how much space it will take up and how much use you'll make of the counter space it has. Do this before you buy. A smaller sink unit may be necessary in order to have space for a long enough mixing counter for jobs like rolling pie crust. Generally, the larger your family, the larger the counter space needed since often more than one person is working in the kitchen.

Of course the standard height of ready-made cabinet sinks is 36 inches. You should check on whether this height is right for you before buying.

An electric dishwasher may be an especially good investment if your family is large of there are small children. An automatic hot water supply is essential with a dishwasher. It's wise to compare cost of an electric dishwasher with cost of a cabinet sink. If the difference is small, it will often pay to buy a dishwasher, Miss Ward says.

Combination dishwasher-sink units are available. Check whether they are arranged so the sink is on the best side for the order in which you work in your kitchen. If you buy a dishwasher to use with a separate sink, the most convenient arrangement usually is to place them so there's a small work counter between.

Most new sinks have the metal basket drain which holds the water in the sink. This device eliminates the use of a dishpan and other equipment.

NJM:lk
6/1/48

for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 14, 1948

Plan Place for Sink

For many homemakers the most popular place for the kitchen sink is under a window. It may not always be the best location, however, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

If the sink is put under a window facing south, the light is likely to be too glaring for your eyes. A venetian blind or awning outside can help to correct this glare. Or the sink could be placed at right angles to the window so that you can work without facing the light.

Of course you like to work sitting down in the kitchen as much as possible and still see out in the yard. If the window over the sink is the only one in the kitchen, the base of the window should come down to the top edge of the sink instead of being placed a foot or so above, advises Miss Ward.

When linoleum is laid on the work counter around the sink, it should be done by one skilled in this work. Otherwise water willget under the linoleum and ruin the surface.

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6/8/48

FOR RELEASE WEEK OF JUNE 14,1948

Set a Theme for Parties

In the good old summertime everyone,from teensters to grown-ups, is interested in a party, especially come Saturday night after a hard week of work. An amusing theme and simple good-eating food are basic ingredients of any successful party, according to Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture.

Mrs. Arnold believes many a clever party theme can be adapted for almost any age group from 6 to 60. For instance, try a Hawaiian party with pineapple featured in decorations and on the menu. Have lots of flowers and enough crepe paper leis to go around the neck of every guest. This type of party will go over big with the teen-agers who gather for a record dance; and your adult club will like it too when they get together for supper and conversation on crops and canning.

A big city supper club theme is ideal for a buffet dinner. Put up the club's name outside the front door and mark it on paper napkins and souvenir menus. Set up card tables with white cloths, lighted candles and flower centerpieces. Guests sit at tables after serving themselves from a buffet.

Serve-yourself food is easiest for the hostess and fun for guests at any party. When hamburgers are three-deck sandwiches, they have a new look. Cut bun into three slices, putting meat between bottom two slices and relishes between top two.

Baked beans and a vegetable relish plate go with burgers. Or have a fruit relish plate with thin half-circle slices of oranges, pineapple wedges and strawberries.

A soda fountain is an amusing way to serve dessert. Set it up on a bright, paper-covered ironing board or a plank laid over two sawhorses. Have at least two flavors of ice cream, chocolate and a fruit sauce, nuts and cherries.

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6/8/48

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FOR RELEASE WEEK OF JUNE 14, 1948

Spinach Is Ready for Menu Stardom

The young tender leaves of spinach appearing now in gardens and at the grocers are in their prime for eating.

In salad, the green crisp leaves will pep up the usual combination of tomato, lettuce and onion with French dressing. If members of your family are a little unfriendly to spinach, use only a small amount until they get better acquainted with it.

Spinach is easily and quickly cooked, says Miss Frances VanDuyne, foods and nutrition division, University of Illinois College of Agriculture. Wash it thoroughly and trim off stems and bruised parts. Then put it into a saucepan with no additional water, just the water clinging to leaves after washing. Cook until tender and bright green; it takes about 7 minutes.

Freezing is an excellent way to preserve spinach. When it's best for eating, it's best for freezing, says Miss VanDuyne. Wash it thoroughly and cut off tough stems and discolored spots.

Spinach should be blanched before it's frozen to keep the best color, flavor, food value and texture. Put spinach in a wire strainer or a basket or tie it up evenly in a cheesecloth bag. Place it in boiling water in a covered kettle (using 4 quarts water to 1 pound spinach) and hold it there for one minute. Then quickly put the spinach into cold running water to cool it. Drain.

Pack into containers, preferably the rectangular cartons with heat-sealable bags inside. Heat-seal the containers and put into freezer at once. If you can't get the package to the freezer locker right away, you may keep it in the refrigerator, but not longer than 4 hours before freezing.

NJM:lk
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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 21, 1948

Petticoats Are on Parade

Ruffled petticoats peeking out under new-look skirts have charm and practicality.

Make one of cotton and you'll find it's cooler for summer than a satin or crepe slip, says Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. These are best for use under full skirts to make them stand out fashionably.

If you have a good full-skirt pattern, use it for the petticoat, or buy a special petticoat pattern. Both petticoat and ruffle can be cut with the straight of the goods, or either one can be cut on the bias.

After the body of the petticoat is stitched together, press a hem in the piece cut for the ruffle and stitch it on the machine. Or use the machine hemming attachment. To ruffle the piece, lengthen the stitch on the sewing machine and stitch about 1/2-inch inside the unhemmed edge. Then pull the ruffle up to desired fullness. Of course if you have a ruffling or shirring attachment for your sewing machine, use it.

To dress up the petticoat use wide eyelet embroidery for the ruffle instead of self material. It may be bought already ruffled and finished or you may ruffle it yourself.

There are many ways to put the ruffle on the petticoat. Miss Carl suggests stitching together the raw edges of the petticoat and ruffle on the wrong side. Then press edges of the seam allowance up; and on the right side stitch just above the seam to hold seam allowance in place underneath.

Raw edges may be pinked to prevent fraying. If material frays badly, apply a bias strip of the petticoat material over raw edges.

NJM:lk
6/15/48

FOR RELEASE WEEK OF JUNE 21, 1948

Can Young Peas

Can peas while they're young and tender is the advice of Miss Virginia Charles, member of the foods and nutrition staff, University of Illinois College of Agriculture.

Some varieties especially recommended for canning are Alaska, Surprise, Perfection, Glacier and Thomas Laxton. Try to can peas the day they're picked, Miss Charles says. And prepare only enough to fill containers that can be processed at one time.

Shell, wash and drain peas. Blanch them, using about 3 quarts of water for a pound of shelled peas. Bring water to a full rolling boil in a large covered kettle. Put peas in a wire basket and dip into the water for 2 minutes. Start counting the time as soon as peas have been put into the water. Remove basket from boiling water.

Pack while hot into clean, hot pint jars. Pack rather loosely, since they contain starch and swell a little during processing. Add 1/2 teaspoon each of salt and sugar to each pint if desired. Cover peas with boiling water. Adjust lids on jars and put jars into the pressure cooker. Peas must be processed in a pressure cooker to get a high enough temperature to kill all organisms. Process at 10 pounds' pressure for 45 minutes.

A pressure saucepan may be used for canning peas if it's tall enough for the pint jars and if it has an indicator or control operating accurately at a pressure of 10 pounds. It is recommended that the regular processing time for vegetables in the pressure cooker be increased 20 minutes for processing the same vegetables in the pressure saucepan. Peas should be processed 1 hour at 10 pounds' pressure in the pressure saucepan.

NJM:lk
6/16/48

FOR RELEASE WEEK OF JUNE 21, 1948

Study Freezers Before Buying

Buying a home freezer is a major investment. Think over all points carefully beforehand so that you'll be satisfied with your choice, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

Consideration of basic equipment for a convenient kitchen--including a water system, modern range and refrigerator--should come before purchase of a freezer, Miss Ward believes. Then with these daily-used pieces installed, the addition of a freezer will increase the convenience of the kitchen.

The three types of freezer are the chest or top-opening type, the upright or side-opening type and the walk-in type. The walk-in is one that is built in your home.

If you are choosing between the chest and the side-opening freezer, consider which will be easiest to use in storing and removing packages. Dividers, such as baskets, trays, shelves and drawers, may make package arrangement easier.

Size is a most important point in choosing a freezer to take care of your family's food needs. Recommended size for rural families is 6 cubic feet of freezer storage space per person. So a family of four would need a freezer with about 24-cubic foot capacity. Whether or not you're going to rent additional space in a nearby freezer locker plant is another consideration in figuring the size of home freezer needed.

Notice how closely the door of the freezer is fitted with a gasket. It should be a wide or double-sealed gasket for efficient closing of the box. The latch that closes the freezer must hold the door firmly shut. The sides of the storage compartment should be refrigerated and smooth. Check whether surfaces and hardware are rustproof.

There is up to a 100° temperature difference between the inside and outside of a freezer, so insulation should be at least 4 inches thick around its sides. Glass and rock wool, spun glass and cork are some of the more efficient materials used. The box should be so constructed that there's a complete vapor-seal to keep moisture out. If water gets in, it will damage the insulation.

NJM:lk
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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 28, 1948

Successful Garden Needs Attention

Home gardens are as important as ever this year to family welfare and health. And you have to keep at it for successful results, says Lee A. Somers, gardening specialist, University of Illinois College of Agriculture.

It's best to thin vegetables planted in rows--carrots, beets and others--before they become poor and scraggly, Somers suggests. There's a tendency for gardeners to wait too long before starting to thin. Begin by deciding how far apart plants should be spaced. Carrots, for instance, need to be about 3 inches apart, though this distance may be varied somewhat according to which plants are best.

As you thin, do it so that the remaining plants aren't disturbed. You can cut off plants near the ground instead of pulling them out to thin them.

Of course, soil around plants needs to be kept in good condition. Frequent shallow cultivation gives best results. Use the type of cultivator that makes several shallow instead of deep heavy ridges. You want to break up the soil but still keep a fairly smooth surface.

Keeping weeds under control is essential for gardening success. Hand weeding will have to be done between rows, but the effort pays off with better products, Somers says.

NJM:lk
6/22/48

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FOR RELEASE WEEK OF JUNE 28, 1948

Celebrate July Fourth with Picnics

You'll be hitting the trail for picnic grounds to celebrate the fourth of July in real family style.

Whether you plan a swimming or fishing outing, the food is the feature attraction, says Mrs. Elizabeth Arnold, foods and nutrition specialist, University of Illinois College of Agriculture. Plan what you'll serve and how you'll serve it; then let the crowd pitch in on the work.

A breakfast hike for the young folks gives them the early-morning festivity they like. One adult can lead them to picnic grounds while another drives ahead with food supplies. Cold tomato juice in a thermos bottle, bacon and eggs to fix over an open fire, and breakfast rolls will satisfy husky appetites.

For the family picnic, one main dish to be cooked over the fire starts the menu out right. Add to this chunks of buttered French bread, celery and carrot sticks, a dessert and a drink.

Camp Jambalayah is a meal-in-a-pan: Cube 1/4 pound salt pork, a can of pork luncheon meat; add a chopped onion and brown all in hot fat. Add 1 cup uncooked rice, 1 cup tomato puree and 3 cups water; cook till rice is tender, adding more water if necessary. Season to taste with salt. This feeds four. Double recipe to serve eight.

Corn Sausage Scramble is another favorite outdoor dish. Brown two small cans of Vienna sausages and one or two chopped onions in salt pork drippings. Add a can each of whole kernel corn and peas. Cook until heated through. Serves four to six.

A freezer of ice cream is dessert deluxe. Have bottled carbonated beverages chilling on ice in a dishpan and serve hot coffee, too.

NJM:lk
6/22/48

FOR RELEASE WEEK OF JUNE 28, 1948

Freezer Reliability Can Be Checked

The warranty for the mechanical efficiency and workmanship behind a home freezer is a highly important point to check before you buy one, according to Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

Read the warranty from the manufacturer that comes with the freezer. You will want to find out two things from it--how long the refrigerating mechanism will work and how the freezer is constructed. By reading over warranties from different manufacturers, you learn which ones offer the best service. Look for the label from the Underwriters' Laboratories on the freezer cord.

The kind and thickness of the insulation used is important too. There should be at least four inches of insulation between the walls. It is well to consider the reliability of the manufacturer so that you'll be reasonably sure the company will stay in business as long as the freezer is in use.

The local dealer's servicing of the freezer is important too. You should ask how quickly minor repairs will be made by a trained worker. The dealer may have a protective service to take care of frozen food while your freezer is out of order.

There are two types of mechanism in freezers: the hermetically sealed type, and the open-coil type, which has to be oiled. The advantage of the open-coil type is that it can be serviced by the local company.

In the hermetically sealed type, the motor is completely enclosed. It requires no oiling and is compact and quiet. For repair it has to go to the factory.

NJM:lk
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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 5, 1948

Short Trips Entertain Family

A family's summer vacation can be just as much fun with frequent one-day trips as with one longer excursion.

Your children will enjoy summertime more as well as learn history and geography from such trips, according to Miss Nellie Perkins, professor of child development, University of Illinois College of Agriculture.

State parks, lakes, historical points of interest and the state capitol are all places for one-day visits. Find out all you can about each place before starting. Then tell the children the history and background of the place so that it will mean more to them.

Picnics to small, nearby parks are a real treat for youngsters, says Miss Perkins. Let them help pack the picnic basket and cook the hamburgers under your supervision. By doing their share, they will feel as if it's their picnic.

Fishing and wading or swimming increases the fun of a picnic. But babies should not be taken fishing, says Miss Perkins. The glare of sun on water is especially hard on baby's eyes and delicate skin.

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FOR RELEASE WEEK OF JULY 5, 1948

Keep Garden Producing

The care you give your home garden now during the growing season will largely determine how much food it produces for the table.

Insect control should be started before serious damage is done, says Lee A. Somers, gardening specialist, University of Illinois College of Agriculture. Whether you spray or dust garden plants, it's most important to do a thorough job, covering all parts of plants. To control aphids, the insecticide must come into contact with their bodies. So far as possible, know when insects are at their weakest stage, and treat plants at that time.

To have plenty of vegetables throughout the summer season, follow up the first planting of sweet corn and beans with additional plantings, advises Somers. You can choose a good variety of sweet corn, such as Golden Cross Bantam, and keep planting it at 10-day intervals three or four times. Or choose three or four varieties with different growing periods and plant them all at once. Beans can be planted early in May and then planted again early in June and August.

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Stake Tomatoes if Space Limited

Where home garden space is limited, you may want to stake tomatoes, says Lee A. Somers, gardening specialist, University of Illinois College of Agriculture. When properly done, staking increases the yield per area. However, it adds to the labor and reduces yield per plant. Set a strong stake 4 to 5 feet long in ground next to each plant. When plants start to branch, tie a strong cord firmly around stake and loosely around stem of plant just below each fruit cluster. Plants should be pruned by removal of all secondary stems as soon as they appear: these are the small leaf shoots that come where one leaf cluster already branches from the main stem. Break them off with the thumb nail while they are still small. Keep tying plant to stake until there are 8 or 9 fruit clusters. Stop growth by picking off top fruit cluster.

NJM:lk
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FOR RELEASE WEEK OF JULY 5, 1948

Simplify Meals During Rush Months

"Take It Easy" should be your theme song when preparing summer menus. The "one-dish meal" draws lots of votes as a candidate for the dinner table, and rightly so, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

You can save time, energy and money with one such complete dish. Flavor and appearance are the two features needing special attention to insure the success of the dish at eating time. Taste as you mix to be sure seasoning gives it plenty of flavor. Leave food in large enough pieces and arrange it so that the finished dish looks tasty. With a man-sized main dish, serve crisp green salad and a light fruit dessert for a satisfyingly simple meal.

FIVE-LAYER DINNER

1 pound ground beef	1 small green pepper cut in rings
4 medium potatoes sliced	2 teaspoons salt
1 medium onion sliced	Pepper
2 cups canned tomatoes	

Brown meat in small amount of beef suet. Arrange ingredients in layers in a flat greased baking dish with the following order--meat, potatoes, tomatoes, green pepper and onion. Season each layer. Bake in a moderate oven (350°F.) for about 1 hour. Makes about 6 servings.

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for weeklies

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 12, 1948

aches Brighten Summer Menus

Although some folks say gold doesn't grown on trees, lden peaches made you wonder if that's true. Peaches are most freshing for summer meals, says Miss Grace Armstrong, foods and trition specialist, University of Illinois College of Agricul- re.

Peaches and cream are popular from breakfast to mid- ght snack time. In the fancier dessert class is sponge cake rved in wedges covered with sliced peaches, sweetened whipped eam and more peaches. When you're having a party, sprinkle on few slivered toasted almonds.

If you have peaches and red raspberries on hand at the me time, here's a dessert that makes dinner something special. ur crushed and sweetened raspberries over peeled halves of aches. Your family may like a little shredded coconut on top.

Frozen peaches are excellent for serving alone, on ice eam or in other special desserts. They're fine for pie, too. freeze them, select firm,ripe fruit. Peel and slice enough r one carton at a time.

Vitamin C helps to prevent browning of peaches in freez- g. You may buy a special preparation at the grocery or drug ore and follow manufacturer's directions for using it. Or y ascorbic acid or vitamin C tablets at the drug store. Dissolve ree 50-milligram tablets in the amount of sugar sirup needed for pint carton of fruit (about 1 cup of sirup).

For sirup use these proportions to make as much as needed: issolve 1 cup sugar in 1/2 cup water. Put fruit into a carton d cover it with sirup immediately, leaving 1/4 to 1/2 inch of ace at top of package to allow contents to expand during freez- g. Seal packages and freeze at once.

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FOR RELEASE WEEK OF JULY 12, 1948

Simple Playthings Amuse Children

Summer playtime is more fun for youngsters if they have plenty of play equipment. Equipment made at home can be just as satisfactory as expensive manufactured toys, says Miss Nellie Perkins, professor of child development, University of Illinois College of Agriculture.

For children under 6 years of age, discarded pans, sieves, funnels, wooden boxes of various sizes and basting spoons are good backyard playthings where there's a digging area. They are good sandbox toys too. Tin cans that don't have sharp edges make handsome pails when painted a bright color and fitted with rope handles. You can paint spools and string them together for an amusing toy. And a long piece of rope can be entertaining to a child.

If there's more than one youngster in the family, try to have two of each plaything if possible. This is a way to avoid arguments. And it helps little folks learn property rights and ownership.

To give your child plenty of exercise and help him develop physical skill, have a swing or a tire swing, hanging rings and horizontal metal bars, large packing boxes and a short ladder. Old empty barrels with both ends removed are good for climbing through and rolling over.

Try to arrange equipment around the sides or at one end of the yard. This leaves a big space for running and active play.

Don't forget the older children when planning play space. They should have a special corner of the yard. A swing or hammock and a game like badminton give them a place to entertain friends.

JM:lk
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FOR RELEASE WEEK OF JULY 12, 1948

Iome Pasteurizers Tested

If you're in the market for a home pasteurizer, it's ıost important to check to see whether it thoroughly heats all :he milk, says Dr. E. O. Herreid, professor of Dairy Manufactures, Iniversity of Illinois College of Agriculture.

A study of home pasteurizers being made at the univer- ity shows that too often they are not effective on the milk and ream that adhere to the top and at the sides of the container. 'or milk to be completely pasteurized, every particle of it must e heated to the proper temperature for the proper time, says 'r. Herreid.

It's most important to use only pasteurized milk be- ause it protects your family against brucellosis or undulant 'ever. This disease seems to be striking more Illinois farm eople. For the same reason, it's best to use only pasteurized ream and skimmilk as well as butter from pasteurized cream.

Milk is pasteurized commercially by being held at a ertain temperature for a certain length of time. United States ublic Health regulations require that milk pasteurized commer- ially be held at minimum temperatures of 142°F. for 30 minutes r 160°F. for 15 seconds.

At present it's impossible to give time and temperature equirements for home pasteurizes because so many time-temperature ombinations may be effective. The university study has found hat two of the home pasteurizers on the market do a satisfactory ob as indicated by tests used to determine pasteurization efficiency.

One electric machine has a 2-gallon milk container 'hich rests in a water bath so that the milk is heated indirectly 'ith hot water. Heating milk up to the proper temperature and .olding it requires 1 hour. An agitator keeps the milk in motion uring the process and uniformly distributes cream through milk, aking pasteurization more efficient.

Another electric machine pasteurizes 9 quart bottles f milk. Filled and capped bottles are set in a container of ater. After the lid is put on the pasteurizer and it is started, t works automatically, holding milk at 145°F. for 30 minutes. new model heats milk to 155°F., at which point it is pasteurized nd then cooled.

JM:lk
/6/48

for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 19, 1948

Put Up Peaches for Special Dishes

Peaches are fine for canning and freezing this year, and the Illinois crop will be coming on the market in volume by early August.

For the fancy halves you like to use in salads and as dessert, canning gives excellent results, suggests Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture. Choose ripe, firm peaches. Peel only as many as can be processed at a time. Wash and plunge them into boiling water to loosen skins; then quickly plunge into cold water. This is easier to do if you put peaches into a wire basket or large piece of cheesecloth.

Peel and halve peaches. Or slice the fruit if you prefer. Take out seeds.

To cold pack, put peaches into glass jars, placing halves with cut side down. Cover with boiling sirup, using 1 cup sugar to 2 cups water for medium sirup. Leave 1/2 inch of head space at top of jars. Process jars 30 minutes in a boiling-water bath, counting time when water starts boiling vigorously.

To hot-pack, simmer fruit 3 to 5 minutes in sirup. Pack peaches into jars and cover with boiling sirup, leaving 1/2 inch of head space. Process 20 minutes in boiling-water bath.

NJM:lk
7/13/48

FOR RELEASE WEEK OF JULY 19, 1948

Carry Meals to the Field

When your men folks are working in the fields, how they welcome a packed lunch or snack brought out in midmorning or afternoon.

If you can carry food to them as soon as it's prepared, your packing problem will be simplified, says Mrs. Elizabeth Arnold, foods and nutrition specialist, University of Illinois College of Agriculture.

Sometimes, however, food has to be packed ahead of time for them to take with them. Then you will need to omit certain things. Protein foods--meat, fish and eggs--are the hearty ones they like to find in sandwich fillings, but they do spoil easily. You can use sliced leftover meat and send whole hard-cooked eggs. Omit ground meat, egg salad and fish sandwich fillings. Remind the men that food keeps and tastes better when stored in a cool, shady spot.

A drawer of supplies for packing lunches speeds up the job. Include waxed paper, sandwich envelopes, paper cups and containers with covers, small glass jars with covers and big paper napkins.

Sandwiches usually form the hearty part of the meal. Be sure to use fresh bread. Have fillings a good consistency for spreading. Wrap each sandwich in waxed paper. And store them in the refrigerator until they are packed.

If you've fixed a hot main dish for lunch at the house, you might send some of it out in cardboard cartons or in a pie pan with another pan inverted over it.

For crisp, chewy food, send carrot and celery sticks, strips of green pepper and cucumber, pickles and radishes, or tomatoes cut into quarters. Most men like fresh fruit--peaches, plums, grapes. Cookies and cake are always well received for dessert. And field hands like both hot and cold beverages. Send hot coffee and iced tea if possible.

NJM:lk
7/13/48

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FOR RELEASE WEEK OF JULY 19, 1948

Beware of Heat Illness

Signs saying "Beware of the Heat" should be posted around your home these days, especially in the kitchen. Farm Safety Week, July 25 to 31, stresses the danger of heat illnesses.

Heat exhaustion and sunstroke occur in Illinois during heat waves just such as we're having, says Miss Fannie Brooks, health specialist, University of Illinois College of Agriculture. When you're doing work like canning and gardening, you need to watch out that you don't overdo.

Working too long without resting is the greatest danger. Take a few minutes now and then to sit down and sip on cold water or fruit juice. You'll be more comfortable too if you eat lightly, wear loose,light clothes and have plenty of ventilation where you're working.

Heat exhaustion victims are cold and clammy to the touch; sunstroke victims are hot and dry. For treatment: When the patient is cold, make him warm. If he is hot, make him cool.

Move the person with heat exhaustion to a place where there's circulating air. Keep him lying down. Also keep him warm and give him frequent small drinks of salt water--1 teaspoon salt to 1 pint water. Call a doctor if he isn't soon relaxed.

A person with sunstroke complains of fatigue, dizziness, headache and dryness of mouth and skin. His temperature may rise to 107° F. or higher. He may become unconscious or even have convulsions. Call a doctor at once and start treatment. Lay the patient in a cool, shady place if possible. Remove his clothes and place him on his back with head and shoulders raised slightly. Put cold packs on his head. To cool his body, wrap him in a sheet and spray with cold water every few minutes. Rub his legs and arms toward the heart to increase circulation. Don't give stimulants, but do give him a cool drink when he's conscious.

NJM:lk
7/13/48

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 26, 1948

Mildew Treatment Takes Speed

Get right to work on mildew stains for best results in removing them, advises Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Bleaching is the only way to remove these annoying stains, so go easy on colored fabrics. Washable clothes can be washed at once with soap and water, rinsed and dried in the sun. Moisten stubborn spots with lemon juice and salt; spread in the sun to bleach, then rinse and dry.

You can make a stronger bleach by mixing 1 tablespoon sodium perborate with 1 pint lukewarm water. Moisten stain with it and leave about 2 minutes. Rinse it out well. Before using this on colored goods, try to bleach on the end of a belt, a wide seam or a removable piece like a bow or other trim.

Repeating either process is more effective and easier on the fabric than using stronger bleaching solutions. Thorough rinsing is important for success.

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NJM:lk
7/21/48

FOR RELEASE WEEK OF JULY 26, 1948

Bean Variety Affects Freezing

If you want frozen green beans tender and tasty instead of "tough as shoe leather," use fresh ones of a good-freezing variety and at the right age.

High-ranking varieties for freezing are listed by Miss Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture. They include Asgrow Stringless Black Valentine, Improved Stringless Greenpod, Improved Commodore, Pencil Pod Black Wax, and Tendergreen.

Of course, if you have lots of snap beans in your garden, you'll probably freeze some of them even if you don't know their variety. Generally beans that are good cooked and served fresh are good to freeze.

As for age, young tender beans freeze best. They should be picked before pods reach two-thirds of their full size. The stringless kind are most desirable.

Miss Van Duyne recommends this method for freezing: Remove stems from beans and cut them into 1-inch pieces or lengthwise strips. Wash. Blanch by putting about 1 pound of beans in a wire basket or sieve; lower into a kettle containing 3 quarts of boiling water; hold there 3 minutes. Keep kettle covered. This helps beans retain their best color and flavor.

Lift vegetables out of boiling water; lower at once into a container of cold water. Try to have it under the cold water faucet so that beans will be cooled quickly by running water. Ice water can be used.

Drain cooled beans and pack into containers. Seal and freeze immediately.

NJM:lk
7/21/48

FOR RELEASE WEEK OF JULY 26, 1948

Help Sunburn with Soda

A good home treatment for sunburn is a dressing kept wet with a solution of plain baking soda and cool water.

This usually comforts and relieves the pain of the person who has been badly sunburned, advises Miss Fannie Brooks, health specialist, University of Illinois College of Agriculture. Other remedies are calamine lotion or any of the recognized burn preparations.

When sunburn is severe, watch the patient's temperature. If it's above normal, he needs to take special care. Have him rest, and give him large quantities of fluid every day as long as this condition lasts. Treat this burn like all burns. If the condition is serious, consult a doctor.

In case of blisters, use every precaution to prevent infection. If the blister breaks or the fluid is taken out of it, use only sterilized dressings.

Keeping the skin protected from the sun is the only way to prevent this most common summer hazard. Once your skin is well tanned, you need not be so careful. But if you want to keep on the job and keep up your efficiency, use judgment when sunbathing, Miss Brooks warns.

NJM:lk
7/21/48

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 2, 1948

Avoid Spoilage in Canning Corn

Corn spoils easily, so take special care in canning it. The spoilage is of the flat-sour type.

Of course corn should be processed in a pressure cooker, says Miss Grace Armstrong. The way in which corn is handled between picking and processing is important too. Because it should be processed immediately, get only a small amount at a time.

Select ears at the right stage for eating--with the kernels fully formed and the milk thin and sweet. Spread ears out instead of leaving them heaped in a basket, as they get warm and warmth encourages spoilage.

Miss Armstrong outlines this process to follow in canning: Husk the corn. Use a stiff brush to remove silk. Trim off undeveloped and wormy sections.

Cut corn from cob to get most of the kernel but none of the husk. Do not scrape the cob. Measure corn into a kettle, adding enough boiling water to halfway cover the corn. Heat to boiling point.

Pack corn into pint or quart jars or No. 2 C-enameled tin cans. Add 1/2 teaspoon salt and 1/2 to 1 teaspoon sugar if desired for each pint. Process at 10 pounds' pressure, pint jars 55 minutes, quart jars 85 minutes and No. 2 and 2 1/2 cans 60 minutes.

JJM:lk
7/28/48

FOR RELEASE WEEK OF AUGUST 2, 1948

Automatic Washer Takes Plenty of Water

The water system in your home is the first thing to consider when you're planning to buy an automatic washing machine.

It takes plenty of hot and cold water under adequate pressure to run an automatic washer, says Miss Gladys Ward, home management specialist at the University of Illinois College of Agriculture. For hot water, you will need a 50- to 80-gallon hot water tank. If you have these things, the washer can be installed in your home.

Check each type of automatic washer before you buy. Machines with a tumble-action are satisfactory for the less soiled clothes. The clothes are washed by being tumbled in a revolving drum. There are also machines with more action for the more soiled things. Some have an agitator which has blades attached to the central post in the machine. Or there may be a vacuum cup device that works with an up-and-down type of plunger-suction action.

Find out what size of machine will suit your family best. You can get washes that hold from 8 to 12 pounds of clothes.

The washing-rinsing process takes more time in some machines. The time varies from 10 to 30 minutes.

Controls on automatic machines may include a dial for setting the water temperature and one to regulate the washing process. Or both may be controlled by one dial. On some models, the dial can be stopped anywhere in the process to repeat or continue any step.

In some models the action stops where the door is opened. This is a good safety device.

The door opening for clothes is at either the side or the top of the machine. Try it for yourself to decide which you want.

Some machines are made so that wash water can be used for a second tub of clothes.

Miss Ward says you'll be wise to read the manufacturer's warranty with the machine. It tells about the operating mechanism and workmanship.

Repairing an automatic washer takes trained workmen. Ask the local dealer if there is a trained workman who can fix the machine if anything goes wrong.

For women interested in buying a machine, Miss Ward has prepared a leaflet, "QUESTIONS FOR CONSUMERS TO CONSIDER BEFORE BUYING AN AUTOMATIC WASHING MACHINE." Send requests to the University of Illinois College of Agriculture.

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NJM:lk
7/28/48

FOR RELEASE WEEK OF AUGUST 2, 1948

Freeze Fruit Mixtures

Start freezing mixtures of fruits now to use for fruit salads and cocktails, says Miss Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture. Usually fruits that give a pleasing flavor combination are the ones to freeze together.

Work on several mixtures has been done at the Florida Agricultural Experiment Station. There it was found that peaches, pineapple, strawberries, pears, and cantaloupe are especially good in mixtures.

Because cantaloupe has a strong flavor, it should not make up more than a third of any combination. An excellent mixture was prepared by using only 3 fruits--sliced peaches, cubed pears and cubed cantaloupe.

Apples and bananas may be frozen in mixtures too. For color, add a few sour or Bing cherries or strawberries to each container of fruit.

Prepare fruit for freezing in this way: Cut into generous bite-sized pieces and mix. Put into cellophane bags in cartons or into jars or cans.

Cover the fruit with cold sirup made by dissolving sugar in water in the proportion of 1 cup sugar to 1 1/4 cups water. Leave about 1/2 inch of space at top of containers because the mixture expands in freezing. Seal and freeze.

Fruit mixtures are best when served just before they are completely thawed.

NJM:lk
7/28/48

for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 9, 1948

Streamline Ironing

If you shake the wrinkles out of clothes after they come out of the last rinse water, you won't have so many wrinkles to iron out.

That's one way to simplify ironing, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. How you hang clothes to dry is important, too. Hang sheets, pillowcases and towels straight so that they are wrinkle free. Pull hems and edges even. Use these pieces unironed in the summer at least.

Sprinkle clothes with warm water 2 or 3 hours before ironing. Or save time by getting them off the line at just the right stage of dampness. For sprinkling, use a bottle that has a top with small holes. Then fold clothes loosely to prevent wrinkles.

Arrange clothes in the basket with articles to be ironed first on top. You may like to start with more difficult pieces--shirts, dresses, children's dresses--while you're feeling fresh, Miss Ward says.

Find a light, airy place to iron. Have at hand a chair or stool with a comfortable back. Then you can sit down to iron whenever possible. A rug under your feet makes standing less tiring.

With a heat-controlled iron, you save yourself time and effort by having the iron at just the right heat for different fabrics. The right heat takes out wrinkles without heavy pressure and without the possibility of scorching.

NJM:lk
8/3/48

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FOR RELEASE WEEK OF AUGUST 9, 1948

Illinois Women Have International Interests

In small towns and rural homes these days you hear women talking about Berlin and the Palestine question. Illinois rural women are focusing more attention on world affairs.

In programs starting this fall, members of the Illinois Home Bureau Federation in about 60 counties will be studying some phase of the international situation. This is the report from Mrs. Kathryn VanAken Burns, state leader of home economics extension, University of Illinois College of Agriculture.

The federation has 47,962 members representing every county in the state.

World trade, foreign governments, insuring world peace, and family life in other countries are some of the phases the women will study. They will hold discussions on organization of the UNO and the problems it is working on.

This past year home bureau units heard rural women speakers who had visited foreign countries. Many units have been sending clothes and food to families in other lands. They also exchange letters with foreign families, getting an inside picture of everyday life around the world.

Mrs. Burns outlines ways to interest women in world affairs as a guide for home bureau units and all women's clubs: "Do something concrete, such as supporting an orphan or family overseas. Send CARE packages overseas. Send money for books to countries where books have been destroyed. Have more exchange programs and pen friends. Help war brides feel at home.

"Invite foreign students to visit in homes. Home advisers keep a file of UNESCO material that any group can use. Continue to expand projects and lessons on understanding other people and other kinds of government."

NJM:lk
8/3/48

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FOR RELEASE WEEK OF AUGUST 9, 1948

Check Child's Eyes Before School

Every child should have his eyes examined early in life, and it's most important to have this done before school starts.

A defect in vision may make school a lot more difficult for a boy or girl, says Miss Fannie Brooks, health specialist, University of Illinois College of Agriculture.

You can get an idea about how well your child sees by watching him in everyday activity. Watch to see whether he has trouble playing games, such as baseball.

Miss Brooks points out some ways in which you can check a child for sight trouble. This is part of a list by Dr. Morris Fishbein, editor of the Journal of the American Medical Association:

Do you find your child doing any one or more of the following: "Attempting to brush away a blur. Blinking continuously when at a task calling for close eye work. Crying frequently. Having frequent fits of temper. Holding a book close to his eyes when reading. Holding his body tense when looking at distant objects. Selecting small playthings and keeping his face close to them.

"Rubbing his eyes frequently. Shutting one eye or covering it when looking at nearby objects. Thrusting his head forward in an effort to see distant objects. Failing to catch a ball thrown to him. Tending to look cross-eyed at nearby objects."

If your child shows some of these signs, have his eyes examined at once by a competent oculist, and follow up the oculist's suggestions immediately, says Miss Brooks.

NJM:lk
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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 16, 1948

Fall Suits Are in Many Styles, Colors

The suit story this fall is a happy one.

Many new styles and colors are coming into the stores. And you have a good chance of finding a suit that's becoming, because there are fewer of the unflattering features of last year's "new look."

That's the fashion prediction, says Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture.

You'll find just about any style you want--boxy or belted-in jackets, long or short fitted ones.

Skirts vary. Some are pencil slim. And some will be pleated or flared. The exceedingly flared skirts with yards of material have just about had their day, and you won't see many of them. Skirts are long, but not unbecomingly so. Of course, you'll choose the best length for you.

The tall, slim woman is the one who will look well in the boxy and belted-in jackets. The perfectly plain, slim skirts and flared styles are for her too.

For the short or stocky woman, soft dressmaker suits with simple lines are becoming. A skirt with a few pleats or gores will look better on her than one that's too slim or too flared.

This fall's forecast for colors is good too. They run from bright red to the muted, shady colors like gray. When you find a color you like, make sure it's becoming, Miss Carl says.

NJM:lk
8/11/48

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FOR RELEASE WEEK OF AUGUST 16, 1948

Start Bathroom Planning

If a new bathroom is in sight for your house, spend as much time as possible planning ahead for it so that it will suit everyone from Dad to "Miss Sweet Sixteen."

Of course you're especially anxious to get plans in shape if the bathroom can be put in this fall, before winter comes, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture

Where to put the bathroom is your first question. The arrangement of your house will control the location, but it's usually convenient to have the bathroom open off a hallway near the bedrooms.

In a two-story house, the bathroom may be handier on the first floor near the stairs. If possible, it's ideal to have a bathroom upstairs and a small room downstairs with a washbowl and toilet.

Putting the bathroom next to or over a room that has plumbing in it will save on pipes and cut the cost.

When you decide how big the bathroom will be, consider how much room it will take to place fixtures, clean around fixtures, and store supplies. The smallest bathroom you can build to hold an average-sized tub is 5 feet square. The smallest practical size is about 5 feet by 7 feet, and a little larger space is better.

A small window is a necessity for ventilation and light. If you can place the washbowl near the window, the man of the house will have better light to shave by.

NJM:lk
8/11/48

FOR RELEASE WEEK OF AUGUST 16, 1948

Plan Visit to Dentist Before School

Take your children to the dentist before school opens. Then such dental work as filling cavities or straightening teeth can be done or started without interfering with school work.

Youngsters do need to have teeth checked regularly, Miss Fannie Brooks, health specialist, University of Illinois College of Agriculture, emphasizes. She explains that teen-agers require special attention because it's been found that they have more teeth decay than any age group.

Little children, too, should have their teeth looked over. Research shows that up to 90 percent of 4-year-olds have some decay.

Then, too, teeth play a big part in the appearance of a young person, Miss Brooks points out. Improperly spaced teeth can affect the shape of the jaw and mouth. Poor spacing of teeth also may affect the way a person talks, causing lisping or other speech defects. Usually teeth can be straightened to correct defects if work is started early enough, Miss Brooks advises.

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Ninety-Nine Counties Have Home Bureau

With the organization of Gallatin county, 99 Illinois counties have home bureau associations. The organization meeting for Gallatin was held on August 13 in Ridgway.

Membership in the new group totals 405 women, according to Mrs. Helen Drew Turner, home adviser at large, University of Illinois College of Agriculture. Mrs. Donald Cook is serving as temporary chairman and Mrs. Amanda Heath as temporary secretary. Miss Myra Robinson, president of the Illinois Home Bureau Federation, spoke at the organization day.

The remaining unorganized counties--Hamilton, Johnson, and Calhoun--are carrying on some home bureau work.

NJM:lk
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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 23, 1948

Select Child's Clothes to Fit

When you're buying back-to-school clothes for youngsters, choose well-fitted garments that have adjustable straps and deep hems to allow for growing.

Selecting clothes with these adjustable features is much better than buying things too big, says Miss Fern Carl, clothing specialist at the University of Illinois College of Agriculture. School children seem to outgrow their clothes in no time, but they don't like to wear anything that's too big, as every mother knows.

Overalls for boys and jumpers for girls are good choices because they have adjustable straps. In garments like coats or jackets, the loose-type raglan sleeve will allow for longer wearing.

Too small or too tight clothes are especially bad for children. They don't allow for the activity that develops young muscles, and they may affect posture.

Check to see that there's freedom in the shoulders of a garment. And look for light-weight clothes; they are best for posture.

Dressing himself is still a problem for the kindergartner. Buy clothes he can put on easily. Try to get things with similar types of fasteners so that he can learn well how to manage one type. Of course, one-piece garments are easiest to get in and out of.

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NJM:lk
8/18/48

FOR RELEASE WEEK OF AUGUST 23, 1948

Help Beginners to Like School

The first days of school can be happy for you and your child. Start preparing for the big event well ahead.

A visit to the doctor is required for the child who hasn't gone to school before, says Dr. Nellie Perkins, head of the Child Development Laboratory, University of Illinois College of Agriculture. Have this medical examination as soon as possible so that any needed treatment can be given. The youngster must be vaccinated for smallpox; it should be done now so that it won't interfere with school.

You can help your youngster by showing him how to handle books. Get him interested in the stories and pictures so that books won't be new to him in class.

The two of you can visit the school grounds several times. If there is play equipment out, let him play on it. And if you can get into the school, show him his room. Also show him where the restroom is so that he can go to the toilet alone.

Talk to him about the teacher so that he'll know she's the one who will help him at school. It's even better if he can see the teacher. Visit her at school or invite her to your home.

Tell your child he will enjoy school instead of warning him with "Don't be bad" stresses Dr. Perkins.

Also be sure he knows his own wraps. And help him learn to put on galoshes and mittens.

NJM:lk
8/18/48

FOR RELEASE WEEK OF AUGUST 23, 1948

Choose Convenient Bathroom Fixtures

A wide variety of bathroom fixtures is available now, so choose those that will be most convenient and durable for your home.

Tubs and lavatories may be of vitreous china, enameled iron or enameled steel, according to Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. Vitreous china, the most expensive, doesn't stain easily. The finish on enameled iron or steel may be acid-resisting.

Tub styles include the old-fashioned kind with legs and the built-in type, which may be rectangular or square. Cheapest is the tub with legs, but it's hard to step into and out of. A built-in tub fits compactly into the bathroom.

For safety, have a handrail attached firmly to the wall about 12 inches above the tub where anyone can grasp it.

Some lavatories come with legs or a pedestal; these take added cleaning. A wall-hung lavatory is easy to clean and moderate in cost. One with a cabinet base is convenient because it has storage space, but it may be inconvenient for young children.

You'll find that faucets that mix hot and cold water are best on both the tub and lavatory because you can control the water temperature. Metal and most plastic handles are less likely to break than porcelain.

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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 30, 1948

Take Time to Buy Suit

When you set out to buy a suit this fall, know exactly what you want.

You may not find just that, but you'll be more satisfied with what you finally choose if you have planned ahead, says Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. She reminds you of these points to check.

How the new outfit goes with the clothes you already have in your wardrobe is one test of its suitability. Color is especially important when you're making a choice. Ask yourself: "Do I have brown or black accessories? Can I wear a bright-colored suit under my winter coat? Will the jacket be too bulkly under my winter coat? Do I want a jacket that can be worn without a blouse?"

Quality of a suit counts a lot. One way to make sure about quality is to look for the label that says material is 100 percent wool. Also buy from a reliable store. And if you've found suits from one manufacturer that pleased you, look for his merchandise again.

Pay special attention to how a suit fits. Sit down in it to see if the skirt stays down over your knees. Unbutton and button the jacket to see how it looks open and closed. If it takes much altering, especially of the jacket, there's less chance it will be satisfactory.

Above all, be sure the suit isn't too tight. A suit that's too tight will never be becoming or comfortable, Miss Carl says.

Have necessary alterations done by a skilled person, she advises.

NJM:lk 8/25/48

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FOR RELEASE WEEK OF AUGUST 30, 1948

Illinois Children Get Tooth Treatment

Illinois school children will benefit from dental studies being made in the state this year, according to Miss Fannie Brooks, health specialist, University of Illinois College of Agriculture.

The state "Save the Teeth" campaign, started earlier this year with studies on school children, is being continued this fall with additional studies in other areas of Illinois. This work will begin soon after school opens, according to Dr. John E. Chrietzberg, Chief, Division of Public Health Dentistry for Illinois.

In Edwards county work will be done to find out how more children can receive the benefit of the new sodium fluoride treatment with the least expense. Studies have shown that this solution can reduce cavities as much as 40 percent. It must be applied by a skilled person.

On one group in the new study, both sodium fluoride and the dentrifice containing di-basic ammonium phosphate and urea will be used. The latter also has been found effective in reducing the number of cavities when applied regularly. This research should show whether the combination of the two gives better results than either product applied alone.

Local dentists can give families information about these dentifrices.

Because dental health of children has been poorer in recent years, it is good that new preventive measures are being developed, says Miss Brooks. A survey made in 1946 showed that children's dental defects had increased by 26 percent since 1926.

NJM:lk
8/25/48

FOR RELEASE WEEK OF AUGUST 30, 1948

Fall Vegetables Are on the Menu

Chinese cabbage and zucchini squash are vegetables that you'll want to include in early fall menus. They are ready or soon will be ready to appear on your table, says Lee A. Somers, gardening specialist, University of Illinois College of Agriculture.

You'll discover some good-eating dishes if you try the less familiar vegetables that you've passed up because you didn't know how to fix them. Chinese or celery cabbage, for instance, is delightfully crisp for salad. It looks like large-size celery with smooth,leafy stalks. Add a few strips to mixed green salad, or serve long strips on a relish plate. This cabbage doesn't take to cooking.

Zucchini is a green squash that looks like a small cucumber. There are many ways to serve it. It's delicious sliced thinly for a green salad. Unpeeled slices can be sauteed slowly in hot fat with a little chopped onion. Or slices can be dipped in batter and crumbs to fry.

More sweet potatoes this year will be of the moist type, says Somers. Remember this when you are cooking them, and watch cooking time.

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Freeze Peach Puree

Fully ripe peaches, even though bruised, are excellent to make into puree for freezing, says Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture. The fruit puree can be mixed with sugar and gelatin for a delightful dessert called Velva Fruit.

For directions on preparing puree to freeze and on using puree in Velva Fruit, write for the U.S.D.A. bulletin, "MAKING VELVA FRUIT AT HOME." Send requests to the University of Illinois College of Agriculture.

NJM:lk
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for weeklies

omemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 6, 1948

w Coats Are for All Occasions

Wear-anywhere coats that suit almost any occasion are rongly featured in cold-weather fashions this fall.

These straight-hanging coats, frequently flared in back, ll favor the tall or medium figure. For the woman who's looking r something slenderizing, fitted coats with their softer lines ll be the answer. That's the style summary from Miss Fern Carl, othing specialist, University of Illinois College of Agriculture.

Being an early bird among fall shoppers pays off in giving u more coats to choose from and a longer time to look around, as u've learned from experience.

Miss Carl advises you to look at coats especially from the andpoint of warmth. Note whether the coat buttons up at the neck d whether it has a good fastening down the front so that it won't ow open. Also look for a wide lap of one side over the other at e front opening.

Try to find sleeves shaped to wrists to keep the cold out. wide sleeves may have a lining that hugs the wrists.

A coat labeled 100 percent wool will be warm and durable. ning, too, should be long wearing. A fairly heavy lining material ually gives good wear.

One good sign of a well-made coat is an informative label. can tell you lots about material, lining, interlining and workmanip. Don't fail to read the label, Miss Carl emphasizes.

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FOR RELEASE WEEK OF SEPTEMBER 6, 1948

Protect Precious Canned Foods

Cool, dark, and dry are the three little words that describe the ideal place for storing your precious crop of canned foods.

After spending many a hot summer day to preserve fruits and vegetables, you know it's worth extra effort to have the right storage place for them.

Keeping jars cool is especially important, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture. When jars are stored where it's warm, bacteria in them may grow and cause the food to spoil.

Dryness is important because dampness may injure metal caps, Miss Cook explains.

Jars should be kept in a dark place because light will fade food and is hard on vitamins.

These same storage requirements hold true for tin cans except that they do not have to be kept in a dark place.

A set of open shelves or a closed cabinet makes a good storage place for canned foods. If you're planning new shelves, have them 10 inches deep for containers that are not larger than quart size.

A convenient width for shelves is 12 inches; this is wide enough for three rows of jelly glasses or 2 rows of large jars. When shelves are only 8 or 10 inches wide, some space is wasted.

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ady-Made Slipcovers Are Timesavers

Good-looking slipcovers, ready to be put on your furniture, e on the market now. If you're wondering whether to buy or make ipcovers, consider the time you can save as well as the cost and ality.

Ask for the same quality in those that come made up as in ose you make, says Miss Marion Kaeser, home furnishings specialist, iversity of Illinois College of Agriculture. A guarantee that ey won't shrink or fade is of chief importance.

Most ready-made slipcovers are of knit heavy-weight cotton rn or cretonne. You may find that the knit ones fit furniture tter than the others, says Miss Kaeser.

Both patterned and plain styles are available. Choose a ain cover for furniture in a room that has a figured rug or aperies. Plain slipcovers are suitable to use in more rooms than e patterned ones, Miss Kaeser points out.

If the furniture is to be placed out in the room instead of ainst the wall, notice how the back of the slipcover looks.

You'll need to know the style and size of your furniture en you select ready-made covers for it. Measure a davenport or air at the widest point across the back to know the right size to y.

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tfit a Cleaning Basket

Your daily dusting and clean-up job around the house will simpler if you keep cleaning supplies in a basket that's easy to rry around. Home management specialists at the University of Illi- is College of Agriculture suggest that the basket should contain oths, furniture polish, a whisk broom, newspapers, and other often- ed supplies.

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Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 13, 1948

Potatoes Add Punch to Fall Meals

Appetites zoom as cool fall days begin and one way you can satisfy your hungry family is to use potatoes on more menus.

Baked potatoes will form the foundation for many hearty meals, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

When you haven't time to bake potatoes the usual way, you can prepare mock baked potatoes by starting them in a pressure saucepan. Of course these are slightly different from the real thing.

Cook the potatoes under pressure about 10 minutes. Then pop them into a hot oven (425° F.); bake until they're soft when squeezed. Potatoes will be done in about half the usual baking time. Break the potatoes open at once so they will be fluffy instead of soggy.

Miss Cook reminds you that baked potatoes combined with meat make a dandy main dish. Diced ham, for instance, is delicious in stuffed baked potatoes. Scoop potatoes out of the shell and mash with warm milk and butter; then mix with ham and stuff the shell.

Good toppings for stuffed baked potatoes are grated cheese, browned link sausage, creamed chicken or tuna or chipped beef, and corned beef hash. Roquefort-type cheese, crumbled and mixed into stuffed baked potatoes, gives another tasty combination.

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FOR RELEASE WEEK OF SEPTEMBER 13, 1948

Bathroom Floor--Check Wearability

Color is often the first feature you think of in deciding how to finish the bathroom floor and walls but check durability too because it's especially important where there's so much water and steam.

A wide assortment of materials are available, according to Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture. She points out that any floor finish used in the bathroom must be properly cared for; and this means promptly wiping up spilled water at all times.

When you choose a bathroom floor covering, Miss Kaeser advises you to ask: "Is it easy to clean?" "How long will it wear?" "How much does it cost?" "Is it hard to put in?"

Wood is frequently used for bathroom floors. And with the right care, it can give good service. It must be finished so it is water-resistant and not slippery. Of course if water stands on wood it probably will swell, rot, or stain.

The tiles used for floors--asphalt, rubber, cork--are water-resistant and durable. Ceramic and clay tile are waterproof and extremely durable; but they may stain and are hard to stand on.

For walls, paint will be satisfactory if it is a waterproof oil paint or enamel. Washable wallpaper, oilcloth and coated fabrics are easy to put on and quite durable.

Extra protection is needed around the bathtub. Waterproof ceramic tile and water-resistant linoleum, if properly installed, will be satisfactory for this.

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FOR RELEASE WEEK OF SEPTEMBER 13, 1948

Youngsters Can Handle Own Money

Just a nickel a week. That's all the allowance it takes to start your "small fry" learning the value of money.

As soon as your child asks for his first penny, start his education in spending, advises Mrs. Ruth Crawford Freeman, home accounts specialist, University of Illinois College of Agriculture. By giving your youngster the opportunity of making choices in use of money during his youth, you will strengthen his ability in making wise choices as an adult.

Now at the start of the school year is a good time to call a family powwow and set up the amount of the allowance for each youngster. The following four factors should be considered in deciding how much allowance Johnny, for example, should have, says Mrs. Freeman.

First, list Johnny's needs for money. Second, consider whether the family purse is large enough to take care of all of Johnny's needs and the family's other needs.

In general, a young child needs only a small allowance because he does very little buying. As boys and girls reach the age when they begin to buy school supplies, a bigger allowance is needed. And by the age of 10 to 14, when they start buying their own clothes, they need another increase in their allowance.

The third point to consider is that the allowance should be large enough to give your child an opportunity to divide it three ways--for spending, for sharing in Sunday school offerings and gifts, and for saving. Fourth, it is best to set a regular pay day for allowances.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 20, 1948

Freeze Food for Lunch Box

Try freezing sandwiches and other foods so they are ready ahead of time for your youngsters' lunch boxes if you don't want to get up so early on school mornings.

Miss Frances Cook, foods and nutrition specialist. University of Illinois College of Agriculture, says many homemakers are experimenting with freezing sandwiches though little research has been done on it.

Any of the usual fillings--peanut butter, tuna salad, meat mixtures--may be frozen satisfactorily in sandwiches. But hard cooked eggs may become tough and celery will be watery after freezing, Miss Cook warns.

Prepare sandwiches just as you do for immediate eating, spreading bread with the filling and butter or margarine. Do not put in lettuce. Snugly wrap each sandwich in cellophane or metal foil or other material that can be heat sealed if possible. Sealing will prevent loss of moisture and flavor during storage.

If sandwiches are to be stored only a few days, you may prefer to wrap them securely in heavy waxed paper.

Desserts also may be frozen to be ready for lunch boxes. Frozen cupcakes, individual cartons of fruit such as stewed apples or applesauce, or fresh fruit and frozen cookies are some of the desserts suggested by Miss Cook.

Frozen sandwiches and baked foods will be most satisfactory if used within a month or two after they were put in the freezer.

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FOR RELEASE WEEK OF SEPTEMBER 20, 1948

Arrange Place for Studying

If your children have a special place to study, they can do a better job on their "reading, writing and 'rithmetic."

The place to study should be away from the general activity center of the family where talking and radio programs will interfere with lessons, advises Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture.

A roomy desk or large table where Mary or Bill can spread out books and papers is one aid to better lessons. Do have it the height which is most comfortable for the child when he is seated there.

The desk or table should have storage space for paper, ink, pencils, erasers, and unused books. Otherwise the work space will get cluttered with these things, says Miss Kaeser.

If you have reference books the child uses, keep them at his study place. A dictionary and an atlas are good books to have.

Good light is especially important for studying. If there is a floor lamp, place it slightly back of the chair. Light should come over the left shoulder if the child is right handed, over the right shoulder if he is left handed.

Where a table lamp is used, it will give better light if it has a diffusing bowl and wide open shade. It should be placed high enough to give a wide spread of light from under the shade.

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FOR RELEASE WEEK OF SEPTEMBER 20, 1948

Health Program Includes All Counties

Health-improvement programs are being carried on by every Illinois county through work of the Home Economics Extension Service of the University of Illinois College of Agriculture.

Miss Fannie Brooks, former extension health education specialist who retired this month, has been the champion of this "better health" program. Starting in 1915, Miss Brooks has seen interest grow from programs in eight counties to the present state-wide activity.

Through lesson meetings in counties, women are given information about many phases of health--physical and mental hygiene, communicable diseases, hospitalization, and many others. They study state health laws and local health facilities to see how they can be improved. The specialist always works with other agencies in the state that are interested in health.

Tuberculosis and cancer are two diseases that have received special attention during recent years in Miss Brooks' work with women of the Illinois Home Bureau Federation. About one-third of the counties participated in a cancer control program this year and raised contributions for the cancer control campaign. Piatt county home bureau women contributed $2,800 to top the list.

For tuberculosis control, home bureau members signed up thousands of people to have chest X-rays in 20 counties that were visited by mobile X-ray units.

Miss Elizabeth Scofield is the new health education specialist in the Extension Service. She has a degree in home economics from Cornell University and an R.N. from New York Hospital School of Nursing. Since 1945 she has been with the Barry County Health Department, Hastings, Michigan.

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Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 27, 1948

nsulate Before Cold Weather Arrives

If you're planning to insulate your home this fall, do he job as soon as possible.

Properly installed insulation is an effective means of aving fuel and money--in both new houses and those that are built, ays Deane G. Carter, Agricultural Engineering Department, Univer- ity of Illinois College of Agriculture. By keeping more heat in- ide the house, insulation also lessens the load on old heating quipment and makes it last longer.

Ceilings of the top floor of already built houses are sually easy to insulate, according to Carter. He points out that n most cases the men in the family can do this job themselves.

There are only two simple rules to remember: Try to eep the insulation as close as possible to the heated part of the ouse. For example, insulate the attic floor rather than the roof.

And second, provide a vapor barrier between the insulation nd the warm room, as well as a ventilation space above the insula- ion. The vapor barrier is a preventive which keeps moisture from eaching the insulation.

Information on how to insulate, kinds of insulation and otential fuel savings from insulating is given in Circular F6.0, alled "Insulation." It is published by the Small Homes Council, niversity of Illinois. The bulletin osts 10 cents. Order it rom the Small Homes Council, University of Illinois, Urbana.

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FOR RELEASE WEEK OF SEPTEMBER 27, 1948

ook Ahead in Family Spending

If you are a young married couple that's starting to plan or the future, put your dreams down on paper and chart a course for our dollars to make those dreams come true.

You stand a better chance of reaching these goals if you ave a family financial plan, says Mrs. Ruth Crawford Freeman, home ccounts specialist, University of Illinois College of Agriculture. o make the best use of your money, follow 6 steps in planning a amily money management program, Mrs. Freeman advises:

1. List short- and long-time goals you hope to reach ow and in the future. These include such things as kitchen equipent and land ownership.

2. Figure out your present financial situation--how our income and resources were used last year.

3. Write down your fixed annual expenses--insurance, inerest, and similar items.

4. Write down the estimated annual expenses you will robably have for all other items, such as food, clothing, recretion, etc.

5. Outline the infrequent expenses and savings for the ext 7 years. Here is where it's important to weigh choices and ecide in what order you will buy large items so that you will reach our goals at the time these things are most needed by the family.

6. Check estimated annual expenses and estimated incomes; hen refigure the expenses so that they balance with the income.

FOR RELEASE WEEK OF SEPTEMBER 27, 1948

ook Ahead in Family Spending--2

The booklet, "Our Family's Money Management Plan," is esigned to help a family with annual and long-time financial planing. Families who want a copy may write to the University of llinois College of Agriculture, Urbana.

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ust Walls Often

By giving the walls in your house a bimonthly dusting, ou can keep them fresh looking for a longer time.

Miss Gladys Ward, home management specialist, University f Illinois College of Agriculture, recommends that you use the usting attachment to your vacuum cleaner to clean both walls and oodwork. Or you may use a soft-bristled brush or sponge mop ith a long handle to reach the upper walls and ceiling.

To do this job thoroughly, take down draperies and picures. Then begin brushing walls at the bottom; work up to the eiling and brush it last. Working up is the best method because ust hangs down. If dust is lifted up with a brush, it won't be ubbed in and smear the wall.

You may wish to rotate this wall-brushing job, Miss ard advises. Do several rooms every two weeks, or do all the walls nce a month.

A good-quality wall brush is made of soft white goat hair. he best brush is full and fluffy. Horsehair wall brushes are heaper and work efficiently but they are stiffer. Wool dusters ade of wool fleece are satisfactory when new, but they may mat own when washed.

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for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 4, 1948

Check Home Heating Plant

A fall checkup of your home heating plant is one way to be sure you don't waste fuel this winter.

Agricultural engineers at the University of Illinois College of Agriculture say a considerable part of the fuel used each year to heat homes is wasted through improper operation and care of the heating plant. They advise you to check your home heating system, or have it checked, every fall.

If you have an oil burner, the check can be made by a service man from your heating contractor's office or from the fuel company.

If you have a hand-fired coal burner, it's advisable to check all doors and dampers now and throughout the winter to be sure they fit tightly and are operating properly. Cover the furnace jacket, dampers, and warm air pipes with insulating material. Also cover the external surface of hot-water heaters or heating boilers and hot-water or steam lines with insulation.

Make sure to seal any cracks or door fittings, smoke pipe connections and other places where air will leak in. Use a fire-clay mortar or furnace cement for this job.

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FOR RELEASE WEEK OF OCTOBER 4, 1948

Try Broiling a Meal

Try a broiled dinner tonight. Broiling is a delightfully quick way to cook an entire meal that has all the airs of something special.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, suggests that, to be sure of perfection, you remember these simple rules for broiling meat. Select steaks at least 1 inch thick and chops at least 3/4 inch thick. Let meat stand at room temperature about 30 minutes before broiling so that it won't be thoroughly chilled. Brush the meat, except pork, with melted fat.

Preheat the broiling unit 5 to 10 minutes, but do not preheat the pan. Of course the temperature control is set at the position for broiling. And the rack is placed where meat will broil best--usually the meat is 3 inches from the source of heat.

Remember that meat should be turned only once. Broil it half the required time on one side and half on the other.

Miss Cook lists these meats which are good for broiling and take about 15 minutes' cooking time: Steak or ground meat 1 inch thick, lamb chops 1 inch thick, liver 1/2 inch thick, ham 1/2 inch thick, and fish steaks.

To go with the meat, broil fruits and vegetables at the same time. Some of those which take from 10 to 15 minutes are cooked whole onions, 1/2-inch-thick slices of cooked white or sweet potatoes, halves of raw tomatoes, 1/2-inch-thick rings of raw apple, halves of orange and grapefruit and canned fruits.

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FOR RELEASE WEEK OF OCTOBER 4, 1948

Five-Year-Old Can Dress Self

Give your young Sally or Bill the right help, and by age 5 the child probably can dress himself fairly well.

To train your child to dress himself, it helps if you have a regular place, time and arrangement for dressing, says Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture.

Dr. Perkins recommends these points to make the dressing process go more easily. Have the youngster dress in the same place each day. Choose a place away from household activities and distractions. It's unreasonable to expect a child to pay attention to anything so dull as dressing when a toy fire truck is within sight.

Have the child's clothing laid out in the correct order and best position for him to get into. At first you'll need to hand him each garment so that he will get his arms and legs into the right openings.

Remember that children learn to undress before they learn to dress--it's an easier process for them. Encourage this as soon as you notice the first signs of interest, and let the child participate in undressing himself. It will help him later when he's learning to dress.

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for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 11, 1948

Nylon Sweaters Have Different Feel

When you're comparing a nylon sweater with a wool one, you'll want to know how the two rate for warmth. Here's the answer:

The nylon garment will keep you warm but perhaps not so warm as a wool one, says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Miss Gray explains that the nylon yarn in sweaters is spun in much the same way as wool yarn. The air is held in the material,causing it to act as a wall of insulation. You feel warm because the body heat stays in and the cold air stays out.

Wool does have one advantage over nylon, though. It will absorb quite a bit of body perspiration and still not feel damp. This guards the body against quick changes of temperature. Nylon does not absorb moisture.

Nylon sweaters are preset to shape when they are manufactured. They can be washed and dried without blocking. That puts them a step ahead of wool, which has to be blocked.

And for the person who is allergic to wool, nylon has a particular advantage, Miss Gray points out.

NJM:lk
10/6/48

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FOR RELEASE WEEK OF OCTOBER 11, 1948

Take Time to Play

"Are you having any fun?" That's a question every family should ask itself. And there's a reason--yes, a number of reasons--to have fun.

Miss Margueritte Briggs, family relations specialist, University of Illinois College of Agriculture, says play releases that tense feeling everyone has now and then. That's the first reason for having fun. And here's another: Play can give you a feeling of satisfaction because you've learned a special skill. And it helps you enjoy being with people.

Miss Briggs suggests that you find a time when the whole family can play together. That time may be in the evening or on week ends. Even though your family ranges from 6 to 60, have some game or activity each one will like--simple card games or family sings are good examples.

Mom and Dad especially need to remember that recreation helps to keep the family united. Take an interest when son Jim is playing on the basketball team or daughter Ann is practicing to sing at the class party. Sometimes it's wise to let the dusting go when your youngest wants you to play "train" with him or read him a story.

And take time to enjoy some recreation yourselves, Miss Briggs emphasizes. Learn a handicraft, such as leatherwork, if you both do hard physical work during the day.

You'll find you get more fun out of recreation if it's something you take part in, like games or crafts, Miss Briggs says. She recommends these activities over commercial recreation, which sometimes increases the feeling of tension.

NJM:lk
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FOR RELEASE WEEK OF OCTOBER 11, 1948

Veal Is Delicious, Money-Saving

Put veal on your menus more often and you'll find it will help your food budget, says Sleeter Bull, professor of meats, University of Illinois College of Agriculture.

Veal is economical. It usually costs less than other meats, and it has less fat.

Good buys in veal cuts are boned shank and other boneless stew meat.

If you want a large cut, choose a leg roast. You can roast or pot-roast it, depending on the grade. It's an economical cut, too, giving about 4 servings to a pound. Rump roast sells at about the same price, but it has more bone. So leg is the better buy if you need a large roast. Rump roast makes about 3 servings per pound.

Generally the cheapest of the veal steaks and chops are the blade and arm steaks. They are cut from the chuck and make about 3 servings to a pound.

Veal does offer a challenge to the cook, however. Because it has little fat, it may be tough. And it lacks flavor. But these qualities can be overcome through long, slow cooking. In general, chops and cutlets are better braised than fried. Roasting is usually recommended for the more tender cuts and braising or pot-roasting for the less tender ones.

"Veal for the Table," a new booklet by Sleeter Bull, tells how to select and use this meat. For a copy, write to the University of Illinois College of Agriculture, Urbana.

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for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 18, 1948

Cooking for a Crowd

Church suppers and other big affairs are coming up on the calendar. When it's your turn to be Madame Chairman, here are some hints on how to go about feeding a crowd.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, advises you to look the situation over before you decide on the menu.

First pay a visit to the kitchen where the affair will be held. How's the equipment? If oven space is limited, you'll have to plan baking and roasting so that ovens won't be overcrowded. If there isn't much refrigerator space, don't have gelatin salads or refrigerator desserts.

Give a thought also to the kind of group you're serving. Food for a feminine affair can be on the light side. Men want a heartier meal.

Miss Cook says a simple menu with just a few courses is a wise choice. For the church supper, it might be meat balls with tomato sauce, baked potatoes, peas, waldorf salad and chocolate pie.

Your next step, after the menu is set, is to list the foods you'll need and the amount it will take. Then outline your work schedule--when to buy groceries, when to begin fixing the food, etc.

With careful planning and a well-organized committee of helpers, you can make the affair a big success.

NJM:lk
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FOR RELEASE WEEK OF OCTOBER 18, 1948

Improve Snowsuits With Consumer Cooperation

Some snowsuits in stores this fall will have a number of improvements--thanks to good cooperation between a manufacturer and Mrs. Consumer.

Home bureau women in Boone county, Illinois, had a hand in this project along with women from other states.

As a result of their suggestions, caps and helmets are redesigned to give better protection and to make them easier to put on. They are also designed and tagged with a height-weight size tag so that it will be easier to buy a good-fitting suit. Sizes are keyed to actual heights and weights of children as based on a study of 150,000 children made by the Bureau of Human Nutrition and Home Economics.

The snowsuit study started more than a year ago, when a leading manufacturer of children's snowsuits sent out a call for help from consumers. He wanted to redesign his garments for the 3 to 6 year age group. The Boone county women volunteered their help. They were especially interested in this type of problem because there had been an intensive clothing program in their county.

The women got together in discussion groups with Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. They talked about materials, construction, wearability and ease of putting on a snowsuit.

Their recommendations, after clearing through the university, were sent to the manufacturer and a commercial organization

concerned with fabric finishes. The homemakers told why they recommended these changes from the viewpoint of both the consumer and child.

Now many of the suggested changes are appearing in snowsuits. Some good features already used in suits were kept, and improved features were added.

The suits have inside wristlets similar to those in fur coats. To increase the wearability of the garment as well as to give the child more protection, there are knee and elbow patches. Many suits are washable.

The new caps and helmets are designed to give more protection to the child. Because they are better scaled to fit a child's head, they are easier to put on and keep on.

Buttons on the garments are large enough for a young child to manage easily. For ease of removal, they button in back. Suits for preschool children are one-piece. And the two-piece snowsuits have the suspenders permanently attached to the front. All of these features make it easier for a youngster to get in and out of his snowsuit with little or no help.

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Cut Down on Defrosting Job

Does your refrigerator seem to need defrosting every time you turn around? Often the cause of the trouble is something simple that you can easily correct.

Home management specialists at the University of Illinois College of Agriculture, advise you to make sure first that all foods in the refrigerator are covered. Moisture from uncovered food can cause heavy frost on the freezing unit.

You might take a look at the refrigerator door, also, to be sure it isn't leaking air. If it is, it may need a new gasket or the door latch may need adjusting. You'll probably want a serviceman to do this job.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 25, 1948

Make Hot Cereal a Breakfast Treat

Most mothers know that it's good for children to have a hot breakfast cereal on these cool mornings. But getting youngsters to enjoy hot cereal may be another problem.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, says many mothers have found that a topping of red plum jelly or golden peach preserves on each bowl of cereal makes it a popular dish. Fresh or canned fruit toppings--sliced bananas or peaches--are good too.

Miss Armstrong stresses the point that good breakfasts are important. It's surprising, though, how many children don't have them. A survey of school children made in one Illinois county showed that only 10 percent of these children were eating an adequate breakfast. And with a poor morning meal, it's hard for youngsters to do a top job at school.

When it's breakfast time at your house and hot cereal is on the menu, give it the right send-off to the table by cooking it correctly. Having the right amount of cereal and water is important. Miss Armstrong recommends these amounts for some popular cereals: One cup regular rolled cereal to 3 cups water; 1 cup granulated cereal to 4 or 5 cups water; 1 cup quick rolled oats to 2 1/2 cups water. Adjust these amounts to make cereal as thick as you like it.

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10/19/48

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FOR RELEASE WEEK OF OCTOBER 25, 1948

Steam Corduroy--It Will Stay Lovely

To keep corduroy as lovely as it is the first day you wear it, steam it instead of pressing it.

Because corduroy is a soft pile fabric, it does require special care to keep it in good condition. Of course the dry cleaner has special equipment for the job, but you can keep corduroy looking well by taking care of it yourself between trips to the cleaner. Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, suggests this home method for steaming:

Block your iron upside down between two piles of bricks on a table. Have the iron high enough to keep the handle and cord from resting on the table.

Next cover the iron surface with a wet cloth. A wash cloth makes a good cover. Set the iron thermostat at the temperature for rayon.

Now hold the corduroy, wrongside down, close to the steaming cloth. Keep it there until the steam comes through freely. Steam only a small portion at a time. Then remove the press cloth from the iron. Keeping the material wrongside down, draw it across the warm iron to dry the back of the fabric and raise the pile.

You may not need to steam the whole garment every time, Miss Gray explains. Give the most frequent steaming to spots that get the hardest wear, such as the back of a skirt.

Another easy way to keep corduroys and velveteens in condition is to hang the garments in a steam-filled room for a short

Steam Corduroy to Keep It Lovely--add 1

time. Many people fill the bathtub with hot water, hang the dress or suit over the tub, close the door, and leave the garment hanging in the steam until the water cools off.

Allow time for such garments to dry thoroughly. And during the drying, hang them straight and in an uncrowded place.

Both corduroy and velvet may be pressed lightly on the wrong side with a steam iron. Work slowly and never let the iron stop moving while steaming with the steam iron, Miss Gray warns. And don't let the entire weight of the iron rest on the fabric.

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Right Shoes Keep Feet Healthy

That new pair of shoes you buy your youngster this fall will help decide how healthy his feet are later in life.

When you take Sally or Bill to the shoe store, Mother, get good-fitting shoes that also leave room for growth. Miss Elizabeth Scofield, health specialist, University of Illinois College of Agriculture, explains that many foot defects are found among school-agers as well as grown-ups. And often poor-fitting shoes are the cause of the trouble.

In general, shoes should be about 1/2 inch longer than the child's foot and wide enough not to crowd the toes. When your youngster is trying on shoes, have him stand up and walk around in them. Notice whether they fit around the heel and instep. They should if they are to give the right support to the foot.

Another part of the shoe you want to pay attention to is the sole. Flexible leather soles give good support and ventilation.

NJM:lk
10/19/48

for weeklies

Homemaking news

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 1, 1948

Paper Draperies Have Advantages

The main advantage to paper draperies is that they are generally low priced compared with fabric draperies and can be discarded for new ones with little expense.

If you want draperies to use for just a short time, such as when you're living in a temporary home, probably paper draperies are a good bet for you. Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture, lists some points to help you when you're considering using them.

Miss Kaeser advises you to check further if you find that paper draperies are almost as expensive as fabric. You'll probably be better off to choose the fabric kind.

If you want figured or striped draperies, you will find a good selection in the paper variety. But there are few if any plain-colored ones on the market. If a room has much pattern in it--in rug, wallpaper, etc.--you'll probably want to get plain fabric draperies.

Try to get an idea of how well the paper type will hang. Up until recently, they would not hang so softly as cloth draperies, but manufacturers are working to improve this feature.

Manufacturers are working also to make paper draperies mildew-proof and fireproof. Do not hang them near a fireplace or stove unless they are fireproof, Miss Kaeser warns.

Paper draperies are ideal for the sick room where there's a contagious disease. They can be destroyed when the patient is well.

NJM:lk
10/27/48

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FOR RELEASE WEEK OF NOVEMBER 1, 1948

Freeze Chicken Space-Saving Way

Freeze them for future eating--that's the treatment to give healthy low-producing or nonlaying hens when you find any in a flock.

A space-saving way for freezing hens is recommended by foods and nutrition specialists at the University of Illinois College of Agriculture. Prepare only as many chickens as you can handle at a time. Get them ready for freezing by dressing them and drawing them fully. Then cut them up.

Now for the space-saving method: Separate meaty pieces (breasts, thighs) from bony pieces (wings, backs, necks). Legs may go in either group.

Freeze the meaty pieces raw for later use to stew or braise. Insert each piece in a fold of cellophane to prevent their freezing together. Pack into medium-sized paperboard cartons, lined or covered with cellophane that can be heat-sealed. Seal and freeze promptly.

Then the bony pieces can be cooked and the meat cut from the bones. Use meat to make creamed chicken and freeze.

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Include Storage Space in Bathroom

If you're putting in a new bathroom this fall, be sure there is plenty of storage space in it for bath towels, wash cloths and other bathroom supplies.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says it's best to have a cupboard in the bathroom along a corner wall where it doesn't interfere with use of equipment. Or have the cabinet just outside the bathroom. Keeping supplies stored where they are used will save the family many steps.

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NJM:lk
10/27/48

FOR RELEASE WEEK OF NOVEMBER 1, 1948

Toys--Want Them Suitable, Safe

As you shop for toys--with Christmas close around the corner--find out whether playthings are safe and durable as well as suitable for your young offspring.

Miss Margueritte Briggs, family relations specialist, University of Illinois College of Agriculture, reminds you of these helpful pointers for choosing good toys. When you buy for the 1- to 4-year-old, you want things sturdy enough to be able to take rough handling. And get them large enough so Baby Ann can't put them into her mouth.

Avoid playthings that are flammable, those with poisonous paint, stuffed animals with glass or button eyes, any electrical toys, and playthings that have sharp edges or small removable parts.

Miss Briggs suggests these "do's" for buying toys. For infants up to 2, she recommends sturdy rattles, rubber or washable squeak toys, stuffed animals, blocks with rounded corners, and push-and-pull toys with strings or rounded handles.

If you have a 2- to 3-year-old, he'll be pleased with a sand box plus a bucket and shovel. Other good choices are wooden animals, cars and wagons to push around, pounding boards, simple plywood puzzles, tip-proof kiddie cars, and a table and chairs large enough for the child to sit in.

For the youngster who likes to play "let's pretend"--from 3 to 4 years old--you might buy a small broom or toy telephone. Always good are large crayons, dolls with wrap-around clothes, doll buggies and furniture, dishes, a drum, building blocks, modeling clay, and plastic blunt scissors for cutting.

NJM:lk
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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 8, 1948

Try Popcorn in Meat Loaf

Popcorn has won its popularity as a delightfully crunchy snack food, but it has a lot to offer at mealtime, too, when put into such a dish as meat loaf.

Ground popped corn adds a new flavor appeal to this meat dish that is served so much these days. Miss Jean Chase of the Foods Research Laboratory, University of Illinois College of Agriculture, recommends this recipe for Popcorn Meat Loaf. She explains that corn which has been popped can be ground easily with a food chopper.

POPCORN MEAT LOAF

1 1/2 pounds ground chuck	1 cup ground popped corn
1 egg,beaten	1 1/4 teaspoon salt
1 cup milk	1/8 teaspoon pepper

Mix together the ground meat, egg, milk, ground popped corn, and seasonings. Pack into a small loaf pan. Bake in a moderate oven (350° F.) for about 1 hour or until loaf is nicely browned on top and cooked through. If desired, chili sauce or catsup can be poured over the loaf while it is baking.

NJM:lk
11/3/48

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FOR RELEASE WEEK OF NOVEMBER 8, 1948

Adapt Home Lighting for Darker Days

Poor lighting, often the cause of eyestrain and even permanent eye damage, is one problem you want to give attention to these fall days when there's less and less natural lighting.

Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture, suggests that just keeping light bulbs and shades free of dust is one way to get the most out of the lighting facilities you have.

In general, the bulbs, shades and reflecting bowls can be kept clean by wiping them with a damp cloth. Of course no part of a lamp should be put into water.

Miss Kaeser points out that often it's possible to improve a floor or table lamp so that it will give more light. First unplug the lamp and remove the old socket. Replace it with an adaptor socket into which you can screw a diffusing bowl under the light bulb.

If a lamp has a dark shade, replace it with one of a lighter color that is lined with white. The best shape for a shade is one that is wide at the base and slightly tapering toward the top to give a good spread of light.

To prevent glare, it is important that all bare bulbs and fixtures be covered with shades. Glare from a light is one of the worst causes of eyestrain.

NJM:lk
11/3/48

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FOR RELEASE WEEK OF NOVEMBER 8, 1948

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11/3/48

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 15, 1948

Plan State Nutrition Conference

The school lunch program and new nutrition information will be featured at the State Nutrition Conference, which is to be held on December 3 and 4, at the Centennial Building in Springfield.

At the opening session, the food outlook will be discussed by Dr. G. L. Jordan, University of Illinois College of Agriculture, who is president of the Illinois State Nutrition Committee. "Recent Research in Nutrition" is to be reported by Dr. Janice M. Smith. She is professor of nutrition in the Department of Home Economics, University of Illinois College of Agriculture.

"Nutrition in Relation to Diseases of the Heart and Condition of the Blood Vessels" is the subject to be covered by Dr. George Wakerlin at the evening session on December 3. Dr. Wakerlin is head of the department of physiology, University of Illinois Medical College.

Two phases of the school lunch program--the Chicago program and the downstate program--are to be highlighted at the session on December 4. Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, will preside.

The conference is open to anyone who is interested in nutrition problems. Sessions will start at 1:30 p.m. on December 3 and close at noon on December 4.

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NJM:lk
11/9/48

FOR RELEASE WEEK OF NOVEMBER 15, 1948

Color Helps Room Shape

The right color used in the right way can do a lot to "remodel" the shape of a room, so select color carefully if you're doing any redecorating this fall.

An awkwardly high ceiling can be painted or papered to make it look lower. Here are some color tricks that will help:

According to Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture, one good way is to use a matching color on ceiling and walls. Or put a little darker color on the ceiling than on the walls.

For very high ceilings, choose a dark color or one that's darker than the walls. Continue this darker color from the ceiling on down the wall for about 1 foot or more. You can put a picture molding or narrow wallpaper border over the line where the wall and ceiling colors join.

When the ceiling looks too low, color can help to raise it. For instance, you can use a ceiling color that's lighter than the wall color. Or use white tinted with a little of the wall color.

Another decorator's trick to make a ceiling seem higher is to use wallpaper that has decided up-and-down stripes or a floral design that reaches from the baseboard to the ceiling.

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FOR RELEASE WEEK OF NOVEMBER 15, 1948

Children's Colds May Be Serious

Late fall, a big season for colds, is a time when parents need to guard their children against colds because they can so easily cause such complications as ear trouble.

The seriousness of ear defects among younsters has been brought out in a recent survey of grade school youngsters in Will county, Illinois. Of the 20,663 children examined, 1,646 of them showed some hearing loss.

Miss Elizabeth Scofield, health specialist, University of Illinois College of Agriculture, explains that the common cold can be much more serious in young children than in grownups. Unless proper treatment is given, the cold may spread to either the ears or the lungs and cause real trouble.

When a child does show signs of a cold, he should be put to bed and kept warm and quiet. It's most important that he be separated from other people, especially other children.

Miss Scofield says that, if the cold does not clear up quickly, a doctor should be called. This is especially true if the youngster has an earache or shows any other signs of ear trouble.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 22, 1948

Home Advisers to Attend National Meeting

County home advisers from all sections of Illinois will attend the meeting of the National Home Demonstration Agent's Association in Chicago from Sunday through Wednesday.

Mrs. Hazel W. Adams, McDonough county, who is president of the Illinois Home Advisers' Association, has announced the tentative program for the meeting. It will be highlighted by talks on "Home Demonstration Work Builds Tomorrow's World" and "Developments on Home Demonstration Work in Foreign Lands." M. L. Wilson, Director of the Federal Extension Service, is to speak on the second subject.

Two Illinois home advisers will receive special honors at the meeting. Their names are to be announced at a luncheon on Wednesday, at which time they will be given certificates in recognition of their outstanding service records in extension work. Also, 43 home demonstration agents from 29 other states will be honored.

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FOR RELEASE WEEK OF NOVEMBER 22, 1948

Musical Christmas Gifts Please Youngsters

Little folks get a lot of fun out of music, and there are many gift items in the musical line that you can choose for their Christmas this year.

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says there are several good books of children's songs, rhythm games, and folk dances on the market. They range in price from 25 cents to $1.50. Many of them are well bound, attractively set up, and have clear pictures in beautiful pastel shades--the kind of books that are best for youngsters.

Dr. Perkins advises you to visit the dime and dollar stores early before their selections of children's books are reduced. You may find many of these same editions in department and book stores.

A record player also can be an excellent investment for children; it means they'll be able to enjoy music all through their early years. Choose a small, inexpensive player. And set it on a low table where a youngster can manage it without damage to himself or the instrument.

When you're choosing children's records, you'll find there is a good series of them on the market for 29 cents and up. From a musical standpoint, the recordings are excellent. And the discs are nonbreakable and won't chip.

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FOR RELEASE WEEK OF NOVEMBER 22, 1948

Electric Roaster Is Holiday Handyman

If you're lucky enough to have an electric roaster, you'll be giving it double-duty usage before big holiday meals, and here are tips on how to get the best service from it.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, stresses the fact that the roaster cord should always be connected to a wall or floor electric outlet. Then you can be sure it will heat and operate properly. Do not connect it to a drop cord.

Perhaps you'll want to cook a turkey or a large piece of meat, such as a ham, in the roaster. Having a rack in the bottom of the roaster pan will give a better finished product. Of course, the best kind of rack is one with handles that come up above the sides of the roaster. It makes it easy to lift the meat out.

Miss Ward warns that putting the roaster into water will ruin it. Before you start to clean this piece of equipment, first unplug it and let it cool. Remove the inner liner or pan, and wash it as you would any pan. If it's necessary to clean the lining of the roaster, wipe it out with a damp cloth and dry it.

NJM:lk
11/17/48

for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 29, 1948

'estive Touches Give Holiday Air

A white bowl filled with red berries is the kind of simple decoration that will give your home a happy-holiday air during the pre-Christmas season. And it's easy to have lots of these pretty touches.

Round up all the foliage, branches and decorative weeds you can find before the snow flies. And you'll have plenty of materials for trimming the house. That's a tip from home decoration specialists at the University of Illinois College of Agriculture.

When you get ready to arrange the branches or flowers, choose a simple container that won't draw attention from them. The best colors for containers are soft green, blue-green, tan, gray and white.

You can have something extraspecial for decoration by combining a flower or branch arrangement with candlesticks or a tray. Place the accessory so that it balances the general arrangement. For instance, put a large round tray behind a tall slanting arrangement of branches.

You'll find lots of eye-catching ideas for decoration in the new fully illustrated booklet, "FLOWER ARRANGEMENT." It is written by Misses Dorothy J. Iwig, Mary A. McKee, and Marion A. Kaeser, home decoration specialists at the University of Illinois College of Agriculture. The booklet is free to all residents of Illinois. Send your request to the University of Illinois College of Agriculture, Urbana.

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FOR RELEASE WEEK OF NOVEMBER 29, 1948

Two Illinois Home Advisers to Be Honored

Two Illinois home advisers with high records of service and achievement--Mrs. Ena K. Chesney, Stephenson county, and Mrs. Helen Volk, Lake county--have been chosen to receive national honors by the National Home Demonstration Agents' Association.

They will be given certificates in recognition of their service at the meeting of the association in Chicago on Wednesday, December 1. At the same time, 43 home demonstration agents from 29 other states will be honored. The association has been presenting these honors for the past 5 years, and Illinois has been represented among those honored each year.

The two Illinois women being honored have served their counties over long periods of years. Mrs. Chesney has worked in Stephenson county for 15 years, Mrs. Volk in Lake county for almost 12 years.

Mrs. Chesney has helped carry home economics extension work into all parts of her county during her tenure. There are now 23 adult groups with 510 members, 21 4-H groups with 259 members, and an older youth group with 110 members. Mrs. Chesney received her B.S. in home economics from the University of Illinois.

In Lake county, Mrs. Volk has been active in giving home economics extension information to many rural people. She works with 687 members of 23 adult groups, 382 4-H'ers, and 55 older youths. Mrs. Volk is also a graduate of the University of Illinois with a B.S. in home economics.

Home economics extension work is now being carried on in all counties in Illinois. There are home bureau units in 99 of the 102 counties. These units make up the Illinois Home Bureau Federation, which includes approximately 50,000 women.

Among Illinois home advisers who have been honored in previous years are Miss Clara Brian, former McLean county home adviser; Mrs. Esther Thor, Champaign county; Mrs. Bessie Wilson, Coles county; Mrs. Edith Huffman, Fulton county; Mrs. Clara Sweeney, McHenry county; and Miss Deborah Solliday, Macoupin county.

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FOR RELEASE WEEK OF NOVEMBER 29, 1948

Toyland Is Full of Treasures

Christmas shopping for little folks is easier these days because toy manufacturers are going in for useful educational playthings that help youngsters learn as they play.

Stopping first at the counter for the very young child, you'll find many colorful plastic toys. They are as practical as they are delightful to the eye, reports Miss Betty Garlick of the child development staff, University of Illinois College of Agriculture.

Miss Garlick explains that plastic toys are lightweight, bright, and easily washed--all good points to look for. It's especially desirable that toys be washable, since an infant will touch them to his mouth.

If you're buying for a toddler, get him a plaything of the push-toy type, such as a wooden truck. He needs to concentrate on something ahead of him rather than something pulled from behind.

For the offspring who is 3 years old or over, you'll do well to choose a wheelbarrow and shovel. He is learning to lift. And he can spend many a happy hour shoveling rocks and sand into the wheelbarrow.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 6, 1948

Ham--Substitute for Holiday Bird

Ham for the holidays is one menu suggestion from the food specialists this season when turkey is on the not-so-plentiful list and well up in price.

Sleeter Bull, professor of meats at the University of Illinois College of Agriculture, has a number of tips for buying ham:

Usually you can count on 2 to 3 servings from a pound of ham. Half a ham may be a good buy to serve a smaller group. But it's a smart idea to buy half a ham that you see being cut instead of getting one that's precut. Otherwise 2 or 3 pounds of the center slices may have been removed and sold separately.

The butt, which is the heavy half of the ham, is somewhat more economical than the shank half. But it is more difficult to carve. Hence the shank or "string" end is usually preferable for an occasion like your family Christmas dinner.

As you know, most cured ham has been "tenderized" by precooking at the packing plant. But unless this ham has a tag saying that it may be eaten with no further cooking, it should be cooked thoroughly to avoid any danger from trichinosis.

Picnics or picnic hams sell for a little less than ham but also contain a little less edible meat. A pound of picnic meat with bone in makes only 1 1/2 to 2 servings. Also the meat is less desirable and it's harder to carve. So, unless the picnic is several cents a pound cheaper, ham is the better buy.

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NJM:ml
11-30-48

FOR RELEASE WEEK OF DECEMBER 6, 1948

Create Your Own Christmas Cards

Christmas cards that say "especially from you" can be made from simple white note paper and a bit of trim--say some foil paper or gummed colored tape.

Get out your scissors, paste and paints. Then let the fun begin, and see what good-looking cards you can turn out. Miss Mary Jane Rice, of the Home Economics Department, University of Illinois College of Agriculture, says there are lots of card-decorating ideas anyone can use successfully.

Miss Rice suggests that brightly colored, gummed tapes with Christmas designs are especially good to use for border designs on white note paper or plain cards. Use one or several strips to make a border across the top or down one side of the sheet. Then write in your greeting.

Silvery or colored foil paper can be cut into snowflake patterns. Fold a small square of the paper in half, then in half again, and over once more to make a triangle. Trim the cut edges into scallops and cut out shapes from the folded edge. Unfold, and presto! it's a snowflake. To make an unusual card, paste a silvery snowflake on colored paper, and write around the edges.

Here's another trick that calls for a paper punch: Punch holes evenly over the face of a white card or the front page of white note paper. Paste Christmas-colored paper--bright red, blue or green--underneath the cut-out sheet and see the interesting effect you get. Yes, you can even punch the holes in a careful design so that they will spell "Merry Christmas."

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FOR RELEASE WEEK OF DECEMBER 6, 1948

Clothing Gifts--Suit Them to Child

Practical parents are choosing clothing gifts for the little folks this Christmas. And they're selecting them in bright colors because such colors please children and protect them against traffic accidents.

Bright colors that are not too deep are best because they go best with a child's delicate coloring. That's the advice of Mrs. Ida B. Johnson of the child development staff, University of Illinois College of Agriculture.

If a snowsuit is at the top of your shopping list, here are some helpful pointers: A two-piece suit will usually give the longest service, Mrs. Johnson says, because it allows for growth. A one-piece suit may become too tight in the crotch as the child grows taller. If you do buy a one-piece suit, be sure it has growth tucks--places that can be let out as the youngster gets taller and broader.

Some snowsuits are made of nylon. These garmets have the double advantage of being both light weight and warm. Also they can be washed and will dry overnight.

If your little kitten has lost his mittens, you're probably looking for a new pair to tuck into his Christmas stocking. Get him mittens instead of gloves, says Mrs. Johnson. Mittens keep little hands warmer, and a child can manage them by himself at an earlier age.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 13, 1948

Roast Turkey by Tested Method

Make the most of your investment in a Christmas turkey by giving the bird the best oven treatment the experts can suggest.

To roast it right, cook it slowly on a rack in an open pan without adding any water. That's the advice of Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture.

Miss Armstrong suggests that you cover the top and sides of the bird with a fat-moistened cloth to keep the skin from getting dry and from browning too fast. Or you may brush the skin with unsalted fat to keep it from blistering.

Start the bird roasting by placing it breast side down on the rack; then, when it's about three-fourths done, turn it breast up to brown it.

If you don't have a temperature table for roasting the turkey, here's what is recommended for different-sized birds: Roast a 6- to 9-pound turkey in a 325° F. oven for 2 1/2 to 3 hours. A 10- to 13-pound turkey should be roasted at 300° F. for 3 to 4 hours and a 14- to 17-pound turkey at 275° F. for 4 1/2 to 5 1/2 hours.

It's usually a problem to tell just when the turkey is done, but here's some help on that score: Press the fleshy part of the drumstick with your fingers; use a cloth or paper to protect your fingers. If the meat feels soft, it's done.

Here's another test: Try moving the drumstick up and down. If the leg joint gives readily or breaks, the bird is ready for the trip to the table.

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NJM:lk
12/7/48

FOR RELEASE WEEK OF DECEMBER 13, 1948

U. of I. Students Get Modern "Kitchen-Classroom"

The kind of kitchen every homemaker dreams of--seven of them in fact--will be in the new foods laboratory in the Home Economics Department at the University of Illinois College of Agriculture.

The new laboratory went into the blueprint stage last spring when money was appropriated for it. Workmen are starting on the remodeling job now. And by next spring the last range should be in place, ready for students to use.

Mrs. Kathryn VanAken Burns, acting head of home economics, points out that the new laboratory is a step ahead in the over-all plan to improve the physical plant for home economics training. The new equipment was chosen with an eye to portability, since the kitchen planners knew that a complete new home economics building might grace the campus in the next few years.

The dream kitchen-classroom, a long-sought improvement, will give Illinois girls taking home economics a chance to try all manner of new kitchen conveniences. And with better facilities students will be better prepared for careers in homemaking and professional work.

From the food classes taught in this laboratory, students can get commonsense cooking knowledge, as well as technical knowledge of foods. Courses these days are slanted to show how good-quality food can be prepared most easily and efficiently.

On the day the foods laboratory is ready for classes, students will step into a large L-shaped room with seven small kitchens

arranged around the sides. Blue-green walls and sparkling white equipment will furnish the color scheme.

Each unit kitchen will be complete with range, sink, and plenty of cabinets and cupboards. Refrigerators are placed about the room at convenient points for all to use.

Following two of the basic plans for arrangement of equipment to save the worker's time and energy, part of the kitchens are corridor-type with equipment on both sides. And part of them are L-shaped; in these the equipment is arranged in the order that the worker follows as she prepares food.

Two or three girls can work in each unit at a time. And students will have a chance to use different kinds of equipment as they work in the various units, because each one has special convenience features.

Both gas and electric ranges will be used. And there will be both metal and wooden cabinets and cupboards.

Outstanding features are the cabinets and cupboards with shelves planned to suit storage needs. There are cup racks and step-up shelves in wall cupboards made especially for small containers, such as spices. Some deep shelves have dividers that form narrow up-and-down files, just right to hold such utensils as cooky sheets and muffin pans, etc.

There are shelves that pull out in the base cupboards; these make it easy to reach pans at the back. For corner cupboards, round revolving shelves called lazy-susansmake it easy to store and reach things. A special shelf in a base cupboard holds an electric mixer; it lifts out and up so that the mixer is easy to reach.

Counter tops will be of linoleum and formica, two materials that stand up well against kitchen wear and tear.

Each sink will have two basins--one for dishwashing and one for draining dishes. That means there won't be any need for dishpans. Some sinks will be cast iron and some steel so that students can see how well each kind wears.

With plenty of electric outlets around the laboratory, students will have a chance to try many small electrical conveniences for preparing food--mixers, grills, roasters, etc.

Space is being left in the laboratory for a dishwasher, a home freezer, and a clothes drier for dish towels. These are to be installed at a later date.

Heading up the work of planning the laboratory is Mrs. Pearl Janssen of the foods and nutrition staff in the Department of Home Economics. She has been assisted by other staff members and commercial kitchen-planning firms.

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Safety Measures Insure Happy Christmas

As you put up Christmas tree decorations this year, ask yourself "are they safe?" as well as "are they pretty?"

It's wise to buy tree lights as early as possible while they're in good supply so that you'll be sure of getting the kind that carry the seal of the Underwriters' Laboratories. That's the advice of Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. The seal, which is attached to the cord, means that the lights meet safety requirements.

Miss Ward warns that candles should never be put on a tree. There's great danger that the branches will catch fire from lighted candles.

Cotton is another dangerous material for tree decorating. You can use the flameproof kind, but do not use ordinary cotton.

NJM:lk 12/7/48

for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 20, 1948

Electric Blankets--Use As Directed

Like other pieces of electrical equipment, an electric blanket should give you good service if you buy a well-established brand from a responsible dealer and if you use it according to directions.

That's good advice to go by whether you're on the buying end or the receiving end of such a blanket this Christmas. The recommendations come from Frank Andrew, extension agricultural engineer, University of Illinois College of Agriculture.

Andrew explains that electric blankets are designed for years of service. But you protect yourself by making sure your dealer is prepared to service or replace the blanket if it does require attention. Also look for the seal of the Underwriters' Laboratories on the blanket or cord. The seal shows that it meets safety requirements.

When it comes to keeping the blanket in good condition, your best guide is to follow manufacturer's directions. Launder and store it exactly as instructed.

NJM:lk
12/14/48

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FOR RELEASE WEEK OF DECEMBER 20, 1948

Beware of Christmas-Tree Fires

Keeping the cut end of the Christmas tree trunk in water is an easy and effective way to insure against fire.

Miss Gladys Ward, home management specialist, University of Illinois, says the best container for a tree is a bucket of water or of wet sand. And the container should be refilled with water when it is needed.

Another safety measure is to put the tree in a cool place. Examine it every day to see if the needles are turning brown near the lights. If so, then the lights should be shifted.

Always turn off tree lights when no one is going to be in the house. And of course lights are turned off when you retire for the night.

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Keep Eggs Cold, Covered

Eggs will be "good eggs" longer if you store them in the refrigerator in a covered container.

Food and nutrition specialists,at the University of Illinois College of Agriculture, say it's important to store eggs carefully so that they will keep their good qualities. Storing in a covered container prevents loss of moisture, and the eggs will not absorb off-flavors.

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NJM:lk
12/14/48

FOR RELEASE WEEK OF DECEMBER 20, 1948

Fudge--Here Is Method for Success

Christmas candy means smooth creamy fudge. And a guaranteed method for making perfect fudge--cooking and cooling to the right temperature and then beating with a spatula--comes from the Home Economics Department, University of Illinois College of Agriculture.

Mrs. Pearl Janssen, of the home economics staff, recommends this fudge-making method which is used by students in her foods classes. She suggests that you use ingredients given in any standard fudge recipe or the old-favorite recipe of your family.

Mix ingredients together in a saucepan and place over low heat. Cook, stirring, until fudge reaches a temperature of 238° F. when tested with a candy thermometer. Or test for doneness by dropping a small amount in cold water; it should form a soft ball that flattens out when picked up.

Now pour the hot fudge onto a baking sheet or marble-top table. Fudge will cool faster when spread out this way. Let it cool to a temperature of 70° F. or lower. It must be at least this cool before it's beaten, or it will be grainy.

Then start beating the fudge with a spatula or paint scraper until it starts crystallizing. When it reaches this stage, it may be spread out for cutting.

Or knead it with your hands until it's smooth. Then shape it into a roll and wrap in waxed paper to store or slice into individual pieces immediately.

NJM:lk
12/14/48

for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 27, 1948

Score Home for Safety

It's safe to say there's more than one spot in any home that needs special attention to make it safe. How about yours?

Home accident deaths for last year showed an increase of 5 percent over 1946. There were 34,500 persons in homes who died from burns, falls and other hazards that are largely preventable.

Miss Gladys Ward, home management specialist at the University of Illinois College of Agriculture, suggests that you start the new year right by checking your home's safety rating. Miss Ward has prepared a home hazard check sheet for this purpose.

Falls are the No. 1 cause of deaths in home accidents. Is your home fall-proof? Answering these questions may help you to decide whether it is or not:

"Are there two secure handrails for each stairway, inside and outside? Are halls and stairs well lighted? Do you immediately wipe up spilled water and fat from the kitchen,laundry, and from bathroom floors?"

Burns are another major cause of home fatalities. Answering these will show how well your family is protected against them:

"Are surfaces well insulated near furnaces, pipes, and especially under and behind the kitchen range? Do you provide a pail of sand near the range to put out small fires? Are electric cords used only for special purposes as designated, and repaired promptly?"

A list of HOME HAZARDS TO CHECK AND CORRECT is available at the University of Illinois College of Agriculture, Urbana. Write for your copy, and make your home accident-proof.

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FOR RELEASE WEEK OF DECEMBER 27,1948

Start '49 With Money Management Plan

"Let's start the New Year right," you say. And a good way to do it is to make a blueprint on the use of your dollars for tomorrow's living.

Mrs. Ruth Crawford Freeman, home accounts specialist at the University of Illinois College of Agriculture, says research shows that families who make written plans at least a year ahead, with long-time goals in mind, fare better than those who do not. They get much more out of their family income than families without plans. Early in 1949 is a fine time to start your plan.

This blueprint for family money management will help you get the things you want--now and in the future. Mrs. Freeman offers some tips on how to get your plan started. Figure out, first, how you used your money and other resources last year.

Now look ahead. What are the things you and yours want out of life? What's your design for living? Is it a new car or a trip to California next year? Eventually do you want to own a modern home and some land--those things that make for security?

Write down these family goals in black and white. It will give you a clearer picture of what you're working for and you will have a better chance of making family dreams come true.

Of course you must consider other things in setting up a successful money management plan--such as how many years you've been married and whether business is at a high or low point.

Then, too, you should figure out what you want in the way of protection for emergencies with insurance, etc., and how you can

best use credit facilities. Finally, analyze all your family resources, money and nonmoney; anddecide how your family is going to cooperate in using them.

The booklet, "OUR FAMILY'S MONEY MANAGEMENT PLAN," is an easy form to use in making financial plans. Write to the University of Illinois College of Agriculture, Urbana, for a free copy.

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Serve Lots of Citrus

"Serve citrus." That's one slogan wise homemakers are following these days.

With a plentiful supply of fresh oranges and grapefruit on the market, it's time to serve tangy citrus salad often. And what's better for dessert than a sherbet glass of chilled sliced oranges or vanilla pudding mixed with flavorful orange sections?

Food and nutrition specialists at the University of Illinois College of Agriculture point out two big advantages of having lots of citrus fruit on the menu. One is that these fruits are reasonably priced right now. And eating them regularly will help you resist certain illnesses.

Canned orange juice and grapefruit juice are two more items in the citrus line that should star on your menus. Of course they are fine for breakfast "starters." And give the youngsters a glass of juice to go with their midafternoon snacks.

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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 3, 1949

Apple Study to Help Homemakers

Two tons of apples! That's how many they've peeled and checked this year in the foods research laboratory of the Home Economics Department, University of Illinois College of Agriculture.

In the long run it means that you, Mrs. Homemaker, will have an easier time finding the kind of apples you want on the market. The study is being made to find out how present methods of handling apples affect their quality and how much consumers have to pay for the usable part of apples.

Miss Frances Van Duyne, head of the foods laboratory, explains that the apple study has been going on for two seasons. During the 1947 season, they tested 645 samples of apples. Average samples have run from 5 to 10 pounds of fruit. This season 427 samples have been tested already.

The apples come from a number of states including Illinois, Indiana, Kansas, Michigan, Minnesota, Missouri, Ohio, and Wisconsin. Each week 40 samples come in from two states.

Here's the process the apples go through from the time they're bought in retail stores to the time they're checked in the laboratory. When they are bought, a record is made of the cost, variety, grade and type of store.

Apple Study to Help Homemakers--add 1

Then the apples are sent to the university laboratory. Here each sample is scored on appearance and color. Next the rots, bruises, cuts, insect-injured spots, peel, and core are removed and weighed separately.

Part of the remainder of the sample, which is all edible apple, is then scored for texture and flavor of the raw apple. The rest is made into applesauce. This is rated for consistency, texture, color and flavor.

Many varieties of apples have been tested. Last year the total was 33, but 8 varieties made up the majority of samples. In general the study is being made on the more common kinds found in stores in the midwest.

The study is a North-Central Regional Fruit and Vegetable Marketing Project. Its title is "Effect of Consumer Acceptance on the Marketing of Fruits and Vegetables." R. A. Kelly, of the agricultural economics department, University of Illinois College of Agriculture, is directing the regional project.

Miss Anne Johnston, of the Bureau of Human Nutrition and Home Economics, U.S.D.A., is working on the project. Three full-time workers assist her.

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Protect Children From Whooping Cough

Whooping cough is one of the most dangerous of communicable infections, especially for children under 5 years of age. But they can usually be protected from it by immunization.

That warning comes from Miss Elizabeth Scofield, health specialist, University of Illinois College of Agriculture.

The best time for immunizing a child with injections of whooping cough vaccine is from 3 to 6 months of age. But the vaccine can be given to any young child who hasn't had whooping cough.

Some signs of this disease are a tight dry cough, a slight fever, and similar signs of a cold. The cough grows steadily worse as the disease reaches it height. If a child shows such symptoms, call a doctor at once.

NJM:lk 12/28/48 **********

FOR RELEASE WEEK OF JANUARY 3, 1949

Women's Features Set for Farm-Home Week

For women who want the latest information--on better family living, home equipment, and housing development--Farm and Home Week at the University of Illinois College of Agriculture is the answer.

Set for January 31 through February 3, this week of special activity is planned to give women of the state an outstanding program of speakers and activities.

Dr. Pauline Park Wilson, dean of the school of home economics at the University of Georgia, is to speak. Her topic will be "Can We Strengthen Family Life?"

New household equipment will be discussed by Miss Louisan Mamer, R.E.A. Of interest to most homemakers will be a session on "Making Housework Easier." H. T. Amrine, Purdue University, is to be the speaker on this topic.

Housing developments will be covered in two sessions--one on farm house plans and how to adapt them, one on ways to make the outside of homes more attractive. K. H. Hinchcliff and Henry Gilbert are the speakers. Both are on the staff of the University of Illinois College of Agriculture.

Parents will want to hear Miss Margueritte Briggs discuss, "Looking at the Next Generation." Miss Briggs is family relations specialist at the university. Suggestions for improving schools will be made in a talk by Willard B. Spalding, dean of the College of Education.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 10, 1949

Forecast Family Living Outlook for '49

Prospects are bright in 1949 for Mr. and Mrs. Consumer--that is, if they are careful shoppers--because there will be some good buys in consumer items, especially home furnishings, electrical equipment and clothing.

Home economics specialists at the University of Illinois College of Agriculture say the over-all forecast is that there will be a good supply of high-quality merchandise and that living costs generally will be slightly lower. Even though housing costs may not decline so much as some other items, families will be able to get good-quality building materials to make home improvements.

Here are specific trends that are predicted in supplies and prices of consumer goods:

IN HOUSE BUILDING MATERIALS, the rise in costs has slowed up to some extent. However, there's no indication of a general decline in prices in the near future. More materials may be available. and the supply of kitchen sinks and most bathroom fixtures should be large enough to meet the demand.

IN HOUSEHOLD EQUIPMENT, supplies will be adequate. Prices of electric refrigerators, vacuum cleaners and washing machines may

)e lower. Some manufacturers and dealers may cut prices in order to 'educe stocks. Limited supplies of steel, however, will hold down)roduction of large household appliances.

STOCKS OF MOST HOME FURNISHINGS are well above those of :he years immediately preceding the war. There may be some better)uys on the market than there were in 1948. The quality of furniture .s generally excellent. Table tops are being mar-proofed, and up-ıolstering fabrics are being given flame and moth-proof finishes.

FOOD PRICES are not expected to be much lower, so the 'amily garden and other home-grown food can still be a help to the 'amily budget. There will be price declines in some foods; the cost ıf meat is expected to go down in the fall of 1949 as supplies in-rease. Supplies of most foods will be about the same as in 1948.

CLOTHING PRICES are likely to stay high, so home sewing ,an still be a money-saver. But this winter careful shoppers may ind some good buys in mark-down sales. Prices of cotton clothing ill tend to go down. On the other hand, wool used for clothing is igher than it was a year ago.

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ectional Furniture--Buy for Movability

There's good reason for the wide popularity of sectional urniture. It can fit into many places around a home, and it's easy o move.

Miss Marion Kaeser, home furnishings specialist at the Uni-ersity of Illinois College of Agriculture, recommends this versatile ype of furniture especially for the family that is likely to be oving. Miss Kaeser points out that the two or three pieces which ake up a sectional davenport can also serve as comfortable uphol-tered chairs when used separately.

It's usually a good idea to buy sectional furniture that's ıll one color. Then it makes a good-looking set whether the pieces re used together or separately.

Miss Kaeser recommends that pieces of sectional furniture e fitted with some device to hold them together when they are to be ısed in a group. The handy man around the house can drill a hole in ıe bottom of each piece. Then he can drill corresponding holes in long board and screw the pieces of furniture to the board with a crew and bolt.

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FOR RELEASE WEEK OF JANUARY 10, 1949

Report Cards for Parents--Grade Yourself

If you had to make out a report card for yourself as a parent, how would you rate? It will pay to take time to grade yourself.

Miss Margueritte Briggs, family relations specialist at the University of Illinois College of Agriculture, offers some suggestions to help Moms and Dads do better at this hard job of being parents. The best rule to go by always is to let each one in the family know that he's loved and wanted.

Showing children you love them is hard to do sometimes when they disobey. But tell the youngster you love him, although you do not like what he did. Be frim so that he will know you mean what you're saying. But keep as calm as possible when you explain why you don't like what he did.

Here's an example of how to handle the situation when Johnny misbehaves. If he is writing on the wall with a pencil, tell him--in a firm tone of voice--to stop. When you've both had time to calm down, take him on your lap and explain that the wall won't look so pretty if he marks on it. Then give him some substitute, perhaps some colorful paper, to draw on.

Sometimes, of course, even the best of parents loses his temper or makes a mistake. Don't waste time feeling guilty about it. If your child knows he's loved, he'll overlook a lot of mistakes.

When things do go wrong, correct the error if possible. Then forget it. No one is helped by being constantly reminded of his mistakes or by being nagged.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 17, 1949

Potatoes--What Size Do You Like

If you would like to buy potatoes that are all one size, you'll be glad to know that growers are checking into the possibilities of selling potatoes that way.

A consumer survey on size preference of potatoes is being made. R. A. Kelly, of the Agricultural Economics Department at the University of Illinois College of Agriculture, explains that 12 midwest states, including Illinois, are cooperating on this project. The work was started about 1 1/2 years ago.

Surveys have been made in Chicago grocery stores to see whether homemakers prefer to buy potatoes sorted into small, medium and large sizes, and how much they will pay for each size. Results so far have shown that consumers prefer medium-size potatoes and will pay more for them than for small or large ones. But not enough figures are in to give final results.

Another question being checked is just what size consumers think small, medium and large potatoes are.

Kelly says that if consumers show a strong enough preference for buying "sized" potatoes, then it will pay growers to sort potatoes by size before marketing them.

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Onions Pep Up Winter Meals

The currently plentiful supply of onions gives you a chance to put new zest into winter meals with this full-of-flavor vegetable.

Food specialists at the University of Illinois College of Agriculture suggest orange-onion salad for a tasty combination. To make it, arrange three slices of orange on a lettuce leaf and top with a thin slice of onion. This is a good time to serve that old favorite dish of liver and onions, also, say the specialists.

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NJM:lk
1/11/49

FOR RELEASE WEEK OF JANUARY 17, 1949

Clean Up the Sewing Machine

One of the best "treatments" you can give the sewing machine you use is a thorough cleaning with a common cleaning fluid--kerosene or carbon tetrachloride.

Agricultural engineers at the University of Illinois College of Agriculture recommend the following method to put your machine in smooth running condition. Of course you will follow the instruction book that came with your machine.

First, remove the thread, needle, presser foot, shuttle, bed slide (over shuttle), throat plate (below presser foot), and plate (if there is one on left end of machine arm), and the arm plate (on back side of machine arm).

Now, with a small hairpin or brush, remove lint from around the feed dog and lower mechanisms.

For the cleaning, fill a pint-size oil can with fluid. Of course, you'll do this cleaning job in a well-ventilated room away from heat. Squirt liberal amounts of fluid into all holes, bearings, and places for oil. Then tilt the machine head back and do the same on the underside.

Finish up by dipping a small brush into cleaning fluid and going over parts of the machine head with the brush. Wipe the machine dry with a cloth, and allow it to stand with the head turned back for 1/2 hour. This will help to evaporate the cleaning fluid so that the bearings will be ready for oiling.

The oiling job requires a good grade of sewing machine oil--a general-purpose lubricant will not do. Place a few drops of oil in each oil hole and at each point where two metal surfaces rub together. Then wipe away excess oil. Replace all parts carefully, and stitch on some waste material to absorb excess oil from around the needle.

The book, "SEWING MACHINE ADJUSTMENT AND CARE," gives specific instructions for cleaning and adjusting a machine. Send for a free copy from the University of Illinois College of Agriculture, Urbana.

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FOR RELEASE WEEK OF JANUARY 17, 1949

Have Christmas All Year

Even though the decorations and trimmings are down, you can still have Christmas 365 days a year at your house.

Want to know how to keep that feeling of good cheer? Miss Margueritte Briggs, family relations specialist with the University of Illinois College of Agriculture, believes it can be done.

Miss Briggs says Christmas is a happy time because people accentuate the positive. Everyone is so busy trying to think of ways to make other people happy that it puts worry and trouble on the run. That's why so many families feel that Christmas time is the high point of the year.

Keep happiness and harmony in your family by concentrating on kindness, Miss Briggs suggests. Every day try to think of things you can say or do to make it a brighter day for other folks in the family.

The spirit will spread, Miss Briggs says. When the youngsters hear Mom or Dad suggest helping the neighbors on some project, then Johnny and Sue are more likely to help their playmates when a situation comes up.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 24, 1949

U. of I. Girls Tell Career Choices

Home is the center of interest for today's girl, just as it was for her mother. That shows up in the career choices of a large group of girls at the University of Illinois.

Of 125 students taking a class in "Introduction to Home Economics," the plans for future jobs pretty well covered the careers which tie directly to the home. The range included teaching, extension work as county home advisers, apparel design, merchandising, interior decoration, writing and radio work, dietetics, child development, commercial foods work, textiles and clothing, equipment and social service work. Of course a "home of my own" was most often mentioned as the final goal.

In this class, students heard the "experience" stories of home economists who are working in the different fields. In that way they got a "real-life" picture of just what each job includes.

When it came to naming their own choices, the girls showed a number of interests.

Home economics teaching won a good many votes. Several reasons for attraction to the schoolroom were listed by the girls. Among them were the many openings, good pay, chances for advancement, and long vacations for additional training.

One student wrote, "The teacher of home economics has a wider opportunity for teaching a better way of life than any other teacher because she is expected to indirectly encourage a student's desire for a better and more abundant life."

Interior decoration was the preference of several students. One would-be decorator wrote, "There's a great future ahead for interior decorators because of the tremendous increase in building of homes since the war."

Several girls hope to be buyers of clothing for department stores. They see both advantages and disadvantages to their choice. On the credit side, they listed, "many chances to meet new people, travel to large cities, and something different every day." On the other hand, "it may take a long time to arrive and you are under a physical and sometimes a mental strain."

Careers in dietetics are attracting a number of girls for such reasons as an interest in foods and the many opportunities available in various types of hospitals and sanitariums. They look forward to having "a regular salary coming in, a place to live, a good profession, and good companionship."

County extension work as home advisers was the choice of several girls. Their liking for a wide variety of work with a number of different age groups helped them make this choice.

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1/19/49

FOR RELEASE WEEK OF JANUARY 24, 1949

Be "On Guard" for Cancer

One of our nation's worst death-dealers is cancer. Early diagnosis and treatment are important in reducing this toll.

Miss Elizabeth Scofield, health specialist at the University of Illinois College of Agriculture, explains that everyone needs to be on the alert, because this disease may occur at any age. People who are 45 years of age or older should be especially careful; more than 90 percent of the cases in Illinois occur in that age group. Many cases can be cured if discovered early enough and treated properly without delay.

Miss Scofield says that doctors stress certain danger signals which should be heeded. These include a painless lump or thickening, especially in the breast, lip or tongue; any irregular bleeding or discharge from the body; a sore that doesn't heal--especially about the tongue or mouth; persistent indigestion; or change in the color or size of a mole or birthmark.

When any one of these symptoms does occur, see your family doctor at once. He may refer you to one of the cancer diagnostic clinics in the state. These centers have been established at various hospitals in each area of the state through the Division of Cancer Control, Illinois Department of Public Health. You may obtain information about the clinics by writing to the Department of Public Health at Springfield.

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FOR RELEASE WEEK OF JANUARY 24, 1949

Shampoo Upholstered Furniture

Thorough shampooing is a fine clean-up treatment for upholstered furniture if the fabric cover is color-fast. Home management specialists at the University of Illinois College of Agriculture recommend this treatment.

First you'll need to make up a batch of soap jelly to use for the shampooing. Here's the recipe: Pour 1 cup of hot water over 2 cups of mild soap flakes, and beat to a jelly with a rotary beater.

Now test the fabrics to make sure it will not change color. Make the test on a spot that won't show. This is the way to do it: Dip a sponge or cloth in lukewarm water and wring it out dry; then dip it into the soap jelly. Rub the soap jelly on the spot. Remove the lather by rinsing the spot with a cloth or a sponge wrung dry out of clear lukewarm water.

If the color is not affected by the soap jelly, proceed with the shampooing. Do only a small area at a time, applying the jelly to the fabric and rinsing thoroughly. Take care not to dampen the stuffing in the furniture.

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Creamed Eggs--Tasty, Economy Dish

With eggs at the top of the plentiful list, menu-wise homemakers are making a dinner feature of creamed hard-cooked eggs. Food specialists at the University of Illinois College of Agriculture recommend these proportions for this tasty dish: 3 hard-cooked eggs cut up and added to 1 cup of medium cream sauce. This will serve three people. Pour the sauce over crisp toast triangles. A few green peas or chopped red pimiento dresses up this dish.

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NJM:lk
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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 31, 1949

Oven-Roasted Beef Rates High in Study

Ways of roasting beef have been under study. The results give oven-roasted beef a slightly higher rating for palatablity than roast beef cooked in a pressure saucepan.

This study was made in the food research laboratory of the Department of Home Economics, University of Illinois College of Agriculture.

Top-round beef roasts were used for the study. Each roast weighed about 5 pounds and was 2 1/2 inches thick. Part of the meat was roasted at 325° F. in the oven, and part of it was cooked at 15 pounds' pressure (250° F.) in the pressure saucepan.

Mrs. Ruth Keys Clark, of the laboratory staff, did the research, and she reports that the oven-roasted meat rated slightly higher than the meat cooked in the pressure saucepan. In every case, the oven roasts seemed less dry to the five judges scoring the meat. Meat cooked in the pressure saucepan lost more of its moisture in the form of drippings.

On the point of tenderness, the meat rated equally when cooked by either method. A comparison of total cooking time showed

that the meat cooked in the pressure saucepan required only 1 hour. That was one-third as long as it took to oven-roast the same-size cuts of meat.

Tests were also made on how much of two B-vitamins--thiamine and riboflavin--were retained in the meat. The pressure-cooked meat retained more thiamine than did the meat roasted in the oven. However, about the same amount of riboflavin was present in the meat after cooking by either method.

Brownness was another point studied. Oven roasting produced a browner product. But Mrs. Clark says it's easy to brown meat cooked in the pressure saucepan. Take it from the saucepan as soon as it's cooked and put it into a hot oven or under the broiler for a few minutes.

Mrs. Clark recommends that the pressure saucepan be used for cuts of meat that require water for cooking. For the more tender meat cuts, which give good results with dry heat, it's better to cook them the usual ways--by broiling or roasting.

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Buying Work Shirts--Check Quality

If you're buying work shirts for the men in your family this season, look for strong, firmly woven fabric that has been preshrunk.

Miss Fern Carl, clothing specialist at the University of Illinois College of Agriculture, says you'll find the information about shrinkage on the label or marked on the shirt. Unless the fabric has been preshrunk, your husband may have a poor-fitting shirt after the first laundering.

Miss Carl lists several other earmarks of a good-wearing shirt. If you're buying a colored shirt, read the label to find out about color permanence. It should be fast to light, washing, and perspiration.

Look for close, even stitching along the seams. Short stitches make strong seams. Some work shirts have triple-stitched seams; these will take lots of hard wear. Also look for good, firm buttonholes.

It's most important to get the right size, too. If a shirt fits properly, it will wear longer than if it is too small, causing a strain on fabric.

Of course you know the size your husband or son wears. But if he's gained weight lately, better check his size again. To get the neck size, place a tape measure snugly around his neck where the collar usually rests. For the sleeve length, measure from the prominent bone at the back of the neck to the wrist bone, with the arm held straight out from the side.

FOR RELEASE WEEK OF JANUARY 31, 1949

Choose Refrigerator That's Big Enough

"How big should it be?" is one of the first questions a family should ask when shopping for a refrigerator. For the average family of four, the 7-cubic foot box is the smallest satisfactory size.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, points out that if you get a size even larger than you think you'll need, it probably will not be too big. Miss Ward explains that the "right size" depends on a number of characteristics about your family: how many of you there are, how much company you have, how much food you usually store, and how often you market.

Refrigerator sizes range from 3 to 12 cubic-feet of food-storage space. Miss Ward suggests that a family of two will generally find a 6-cubic foot refrigerator satisfactory. You can figure the size for a larger family by adding an extra cubic foot for every two additional people.

Another thing to think about is where you're going to put this piece of equipment. The place should be big enough to leave air space around the refrigerator; that's important for economical operation. Allow from 6 to 13 inches of space above the box and from 4 to 5 inches at the back.

There should also be some space on each side of the refrigerator. To allow for this and for convenience, plan to put the box next to a base cabinet or work counter. That leaves plenty of side space around the upper part of the refrigerator. And the work counter is a handy place to set things that you're taking out of the box.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 7, 1949

Use Rack When Pressure-Cooking Meat

When you're cooking meat in a pressure saucepan, put in on rack that holds it above the water--unless you're making stew.

Meat cooked this way is more palatable than meat that is ouching the water in the pressure saucepan. That's the report of Mrs. Ruth Keys Clark who has been doing research on cooking meat nder pressure. Mrs. Clark is on the staff of the foods research aboratory, University of Illinois College of Agriculture.

It's also important to have the rack high enough so water oesn't cover it and touch the meat. If the meat is in water during ressure cooking, it will taste like meat that has been stewed or oiled.

To get the best results when cooking roasts under pressure, easure the liquid carefully according to recipe directions. The mount of water needed is small, Mrs. Clark explains. For the 5-pound eef top round roasts used in the studies in this laboratory, it took nly 2 tablespoons of water.

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FOR RELEASE WEEK OF FEBRUARY 7, 1949

Start to Plan Bathroom for '49

Better supplies of most bathroom fixtures are predicted for 1949 so you can start making plans on paper if you've been hoping to put in a bathroom.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, advises you to start thinking of the arrangements for the bathroom right now. After the spring work is done, it will be a good time to make this home improvement and you should allow yourself as long as possible for pre-planning.

First decide where and how big the bathroom will be. In a one-story house, of course, it's best to have it near bedrooms and opening off a hallway. For a two-story house, when you can have only one bathroom, you will want to decide whether it will be more convenient for all the family on the first or second floor.

In any case, it will be most convenient to have the bathroom opening off a hallway instead of from the living room or some other room. Miss Ward points out that sometimes when the kitchen adjoins a long hallway, one end of the hallway can be made into a convenient bathroom. Then it may be entered from the kitchen.

Miss Ward stresses that the size of the bathroom has a lot to do with how satisfactory it is. The minimum size is 5 by 7 feet.

When you have the location and size all set, you're ready to decide where fixtures will go. Miss Ward suggests that you make scaled cardboard cutouts of fixtures, using an inch to represent a foot. Or you can make them actual size. Arrange the cutouts on a drawn floor plan of the bathroom or on the actual floor space where the bathroom will be. Then you can see which arrangement will be most convenient. Where possible, the most economical arrangement is to have the plumbing located on one wall.

Here are common measurements for fixtures to help you in making cutouts: Tub 48 inches square, or 30 by 54 or 60 inches; water closet and space in front 30 by 48 inches; lavatory and space in front 30 by 44 inches, shower stall 36 inches square.

TM:lk 2/2/49

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FOR RELEASE WEEK OF FEBRUARY 7, 1949

Lunchbox--Put in Warm Food for Cold Days

Youngsters' eyes light up when they find a thermos of hot cocoa or hot soup in lunch boxes on these days when temperatures go down low.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, recommends that you include something hot in lunch boxes every day this winter and vary it as often as possible.

It's hard to beat flavorsome cocoa for a "warmer-upper" beverage. But for a change you might try well seasoned hot tomato juice. It's especially tasty with cheese and meat sandwiches.

When you think of the hearty kind of soups that are good for lunch boxes, of course you think of rich vegetable soup. Add a bit of chopped or diced meat to the blander soups. Then they'll have more appeal for youngsters and rate higher for food value. Miss Armstrong suggests that thin, round slices of frankfurter or diced ham are good in either potato soup or split pea soup.

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llow Time to Be a "Real Dad"

Take time to be a "real Dad" to your children or they'll be rown up before you know it.

Miss Margueritte Briggs offers this advice for fathers. Miss riggs is family relations specialist at the University of Illinois ollege of Agriculture and she says that too often a father postpones njoying his children until it's too late. Children need the companionhip of both father and mother during babyhood and the preschool years s well as later on.

Almost any dad can find a little time each evening to play r talk with his youngsters. And the whole family will have a lot ore fun when some time is spent in just enjoying each other.

If you can't find time for your children now, you're likely o find even less time as the years go by. And your children may learn o make friends with other people outside the family; then you have issed the opportunity to know your own youngsters.

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FOR RELEASE WEEK OF FEBRUARY 14, 1949

Help Child Keep "Healthy" Teeth

Have your youngsters follow these three steps for keeping "healthy" teeth: Eat fewer sweets, brush their teeth after eating, and have their teeth treated with sodium fluoride.

Miss Elizabeth Scofield, health specialist at the University of Illinois College of Agriculture, makes the following suggestions for carrying out this three-point program. They are recommended by Dr. R. G. Kesel, University of Illinois College of Dentistry.

One good way to curb your youngster's sweet tooth is to have foods that aren't sweet on hand for between-meal snacks. Some good ones are popcorn and nuts.

To get the most benefit out of tooth-brushing, train the little folks to do it right after eating. Miss Scofield advises you to make it a family habit for each one to brush his teeth after each meal. Children should be learning to brush their teeth when they are 2 1/2 or 3 years old.

Miss Scofield explains that the sodium fluoride treatment helps because it makes the tooth enamel less soluble in acid. This treatment is given by a dentist. The best times for treatment vary with each child, but generally it is done periodically around the ages three, seven, ten, and thirteen. The use of sodium fluoride can cut down the amount of tooth decay, but it does not prevent it completely.

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Cheese Sauce Dresses Up Many Dishes

Cheese sauce is a delightful addition to many vegetable dishes, and the currently plentiful cheese supply makes it a timely menu feature. Mrs. Pearl Janssen of the home economics staff, University of Illinois College of Agriculture, recommends making cheese sauce this way: Mix together 1/4 cup milk and 1/2 pound grated cheese. Cook in the top of a double boiler over boiling water, stirring constantly until cheese is melted. Serve the sauce hot, pouring it over green beans or other vegetables.

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FOR RELEASE WEEK OF FEBRUARY 14, 1949

Freeze Meat for High Quality

As butchering gets under way, insure your frozen meat supply by properly preparing and packaging the cuts to go into the freezer locker.

Sleeter Bull, meats specialist at the University of Illinois College of Agriculture, says it's most important to promptly chill butchered meat to below 40° F. Then cut the meat as soon as possible, separating steaks from roasts, pot roasts from stew meat and from meat that should be ground.

When meat is ready to package, wrap it in the amounts you will want to cook at one time. Because meat tends to dry out in freezing, take extra care to wrap it so that it won't become dry. Use moisture-vapor-resistant materials for the wrapping. Some of these are locker paper, cellophane used with a paper overwrap, and aluminum foil.

It helps to shape the meat first so that it will be as compact as possible. Trim away as much bone as possible. Even the bone on steaks and chops should be trimmed so that there will be no rough edges to puncture the wrapping.

As you wrap the meat, pull the wrapper tight to eliminate all air-pockets between the meat and the wrapping. Bring the two edges of the paper together, folding them down against the meat with a tight fold, just as the druggist wraps a package. Seal the seams with tape.

Immediately after wrapping, freeze the meat at zero temperature or lower. Put in only a limited amount of meat at one time so that the freezer will not warm up. It may take from 8 to 12 hours to freeze meat thoroughly.

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 21, 1949

Put Freezer in Utility Room or Pantry

Either a large pantry or a utility room will make a good place to put a home freezer so long as the room is near the kitchen and is cool.

Frank Andrew, agricultural engineering specialist at the University of Illinois College of Agriculture, says that the kitchen is a fine location from the convenience standpoint. But the kitchen is often the warmest room in the house, and a freezer operates most economically in a cool room.

Another good location to consider for a freezer is the basement. It should be cool and dry if the freezer is put there.

Andrew warns that some freezers should not be put on the back porch in winter. The temperature around the motor and compressor may get so low that the lubrication system in the unit will fail.

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Dishwashing--Make Job Easier

Soaking dirty dishes as you prepare a meal makes it easier to wash them later, but sometimes it's a question of whether to soak them in hot or cold water. Here's some help on that from home management specialists at the University of Illinois College of Agriculture.

Hot water is best for soaking "sugary" and greasy dishes. Of course it helps to wipe off as much grease as possible with a paper towel before pouring hot water into the utensil. Cold water should be used for soaking dishes that held starchy food--cream sauce, mashed potatoes, etc. And lukewarm water is best for soaking dishes that contained protein food--eggs, cheese, etc.

FOR RELEASE WEEK OF FEBRUARY 21, 1949

Get Acquainted With Plastic Curtains

If you're looking for moderate-priced curtains that are colorful and especially easy to take care of, get acquainted with the plastic varieties.

There's much to choose from in this line, which ranges from plastic kitchen curtains to handsome plastic draperies. But Miss Marion Kaeser, home furnishings specialist at the University of Illinois College of Agriculture, points out that plastics used in curtains differ greatly. Therefore it pays to find out as much as possible about how to use and care for a particular kind before buying it.

Some plastics are both mildew-proof and fire-proof. It's advisable to get curtains that are mildew-proof for windows over the kitchen sink or in the bathroom where they're likely to be wet. And if you're buying curtains for the kitchen, try to get the non-flammable kind.

Other desirable qualities are resistance to cracking and peeling. And you can buy curtains and draperies that are sunfast, which means more lasting color.

You'll find that most plastic fabrics are waterproof and washable. Washing is simply a matter of sponging them off with a cloth dipped in lukewarm suds. The suds should be rinsed off completely with a cloth dipped in clear lukewarm water. Another way is to swish the curtains around in lukewarm sudsy water and rinse them. This is especially good for removing heavy soil. Then thoroughly dry the curtains by wiping them with a cloth.

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FOR RELEASE WEEK OF FEBRUARY 21, 1949

Try "Cheese Dish of the Week"

A "Cheese Dish of the Week": That's one menu feature that can't be beat for hitting the spot at mealtime and keeping your food costs reasonable.

And this week make it CHEESE CHILALY. It's a melt-in-your-mouth main dish that is good for lunch or dinner. Mrs. Pearl Jansen of the Department of Home Economics, University of Illinois College of Agriculture, says you'll like the combination of flavors in it.

CHEESE CHILALY

1 tablespoon butter
2 tablespoons chopped green pepper
1 1/2 teaspoons grated onion
1/2 cup canned tomato pulp
3/4 teaspoon salt
3/4 pound grated cheese
Few grains cayenne or pepper
2 tablespoons milk
1 egg, slightly beaten

Melt butter; add onion and pepper: cook slowly 5 minutes. Add the drained tomatoes and cook 5 minutes. Stir in the grated cheese, salt and cayenne; cook over hot water until cheese melts. Stir a little of this hot mixture into the egg and milk; add this to the hot cheese mixture. Serve on rusks or on crisp toast or crackers.

When this cheese combination is cooled, it makes a tasty sandwich filling.

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for weeklies

Homemaking news

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FOR RELEASE WEEK OF FEBRUARY 28, 1949

Cleaning Cupboard Makes Work Easier

A well-organized cleaning cabinet can speed up housework, and now is a good time to get it equipped before your extra spring tasks start piling up.

If you don't have a special closet for cleaning supplies, see what the possibilities are for buying one or for having the man of the house build it. Miss Gladys Ward, home management specialist at the University of Illinois College of Agriculture, recommends that the closet be roomy. Suggested measurements are 7 feet high, 4 feet wide, and 2 or 2 1/2 feet deep.

Inside the closet it will be handy to have 2 or 3 shelves. Place them against one side. Have one or two shelves at the top for cleaning supplies, cloths, etc. And a deeper shelf near the bottom of the closet will be useful for storing the cleaning pail.

Leave ample space in the closet for storing big pieces of equipment, such as the vacuum cleaner and the sweeper. There will be room for them if one side of the closet is left free of shelves.

For hanging up brooms and long-handled mops, it's convenient to have some screw hooks near the top of the closet. Put these hooks on the under side of a high shelf or at the top of the closet along one side or at the back. Also put some hooks on the inside of the door to hang brushes where they'll be accessible.

Paint the inside of the closet with a coat of white enamel. It will make it easy to clean.

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FOR RELEASE WEEK OF FEBRUARY 28, 1949

Spring Suits Look Feminine, Sophisticated

Mrs. and Miss America will wear suits that look feminine in a sophisticated way this spring.

Miss Doris Brockway, of the Home Economics Department, University of Illinois College of Agriculture, has looked over the spring styles and picked out several features for shoppers to note: Highlights in suit jackets are beautifully detailed pockets, collars and seam construction. Skirts are slightly straighter and shorter. Here are some other features of interest:

JACKETS: The choice ranges from the semitailored to the flared boxy style that can be worn belted or unbelted. Contrast is often emphasized in jacket collars and cuffs by use of different colors or different fabrics, particularly in three-piece suits. Frequently stripes or checks are contrasted with solid colors.

Collars of the roll or shawl variety, cut as part of the jacket,are popular. Cuffs appear on many jackets, tying in with the eye-catching detail on collars. Miss Brockway points out that some three-quarter sleeves are being shown. These may be worn with longer gloves for a covered-up effect.

THREE-PIECE SUITS: The suit ensemble will be seen more often this spring. A suit and coat may be matched or may stress contrast in color. Contrast between suits and coats also shows up in use of checks, stripes, and plaids.

COATS: Women who favor full-length coats will find what they want this spring. The fitted redingote style is appearing in greater numbers also.

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FOR RELEASE WEEK OF FEBRUARY 28, 1949

Plentiful Foods--Three in One Dish

Eggs, cheese and canned peas are all plentiful foods right now. And you can combine them in a tempting combination dish that will turn lunch or supper into something special.

Mrs. Pearl Janssen of the Home Economics Department, University of Illinois College of Agriculture, says this dish is quick and easy to fix. And it looks pretty as a picture when it's ready to go to the table.

RICE, EGG, AND CHEESE PLATTER

1 cup rice	3/4 teaspoon salt
6 tablespoons butter, melted	1/2 cup diced cheese
1 cup cooked canned peas, drained	6 eggs
	Parsley

Cook rice in boiling salted water until done. Drain. Mix the rice, melted butter, salt, peas, and the cheese thoroughly. Of course cooked fresh or frozen peas may be used instead of canned peas. Spread on buttered ovenproof platter or pie plate. Make small wells in the rice; drop an egg into each and bake until eggs are set and cheese is melted. Or set the platter under a moderate broiler flame to cook the eggs and melt the cheese.

Garnish with sprigs of parsley and thin slices of stuffed olives if desired.

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Hang Pictures at Eye Level

You'll get more enjoyment from the pictures that decorate your home if they are hung at eye level. Home furnishings specialists at the University of Illinois College of Agriculture point out that a picture which is hung above eye level is too hard to see.

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Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 7, 1949

New Rayons Are Washable, Crease-Resistant

There's good news for home sewers in rayon materials this spring. Many rayons--shantungs, gabardines, and butcher linens--are washable and are finished so that they're crease resistant.

To make sure that material has both these qualities, read the label on the bolt. That's the advice of Miss Dorothy Durrell, on the staff of the Home Economics Department, University of Illinois College of Agriculture. And Miss Durrell suggests that if the cloth isn't labeled, it's a good idea to ask the salesperson about it. Of course, the sooner you buy material, the better your chances will be of getting just what you want.

More good news is that this is the season of many colors. Rayon butcher linen is coming out in about 30 different colors. And it will be in three weights, ranging from heavy suit-weight to a light weight for use in dresses.

Shantungs and broadcloths are available in plain pastel colors and in a variety of prints. Some of the prints are "South Sea Island" designs adapted from batik and tapa cloth patterns.

Gabardines which are lighter weight than usual will be on the market. These are finer than rayon gabardine has been in the past, and they are firm.

When it comes to washing and ironing the new rayons, special care should be taken. All rayons are weakened by wetting, so they should be handled gently in washing. And a low heat is generally best for ironing them.

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FOR RELEASE WEEK OF MARCH 7, 1949

4-H Girls Set Records in '48

Illinois 4-H girls,who are being recognized during national 4-H Club week from March 5 to 13, set new records for themselves in 1948, including a record all-time-high membership of 25,503.

Hundreds of good-looking dresses and other garments were produced by these girls, more than 50 percent of whom were enrolled in clothing projects. In their club work, the 4-H'ers learned about fabrics, becoming fashions, and good sewing methods.

Food was another popular phase of club work. More than a third of the girls were enrolled in this project. They learned both cooking methods and nutrition through studying such subjects as "Use of Fruits and Vegetables," "Cookies," "Dairy Foods," and "Outdoor Meals."

More than a thousand girls also had experience in interior decorating. They worked on room improvement projects, and flower arrangement was another popular phase of this project.

How old are these energetic, industrious 4-H girls? Their ages range from 10 to 21 years. The majority are from 10 to 16 years old. And the biggest age group is the 12-year-olds with 4,678 members.

The average number of 4-H home economics clubs in each Illinois county is 19.

About one in every five of the 4-H girls spent some time at camp last year. And 13 of them were selected to attend National Club Congress in Chicago in December. Two girl 4-H'ers have been chosen to go to the National Club Camp in June; it's held in Washington, D.C.

Guiding and instructing the girls were 4,230 leaders. Most of these women are rural and small town homemakers. Many are former 4-H members themselves.

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FOR RELEASE WEEK OF MARCH 7, 1949

)ecorate With Mirrors

Mirrors do double duty when you use them for decoration .n living room, dining room or almost anywhere in the house. But :here are some tricks to hanging them for the best effect.

A mirror should never be hung so high that you can't look .nto it. That's the first decorating rule to follow in using mirrors, ıccording to Miss Dorothy Iwig and Miss Mary McKee, home furnishings ıpecialists at the University of Illinois College of Agriculture.

The best height for hanging a mirror depends to a certain ıxtent on where it's being used. But generally a good height is at ;ye-level for the average person standing in front of it.

When hanging a mirror in the living room or dining room, ıotice whether people seated in the room will have to look into it. :t's better to put the mirror higher where they will not be faced ;y it.

Mirrors may be used unframed. If you are planning to use frame, choose one that goes with the furnishings in the room. It an be a dark finish to go with dark-finished furniture, or it may be ainted a color to match painted furniture.

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heese-Tomato Sauce Has High Flavor-Value

Cheese-Tomato Sauce has high flavor-value, and it furnishes quickly prepared main dish when poured over crisp toast triangles r over a macaroni loaf. Mrs. Pearl Janssen, of the home economics epartment, University of Illinois College of Agriculture, recommends his sauce. Make it by stirring 2 cups of grated cheese (about 1/2 ound) into a can of condensed tomato soup which has been heated. tir mixture over low heat or put it in a double boiler over boiling ater; heat until cheese is melted.

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Homemaking news

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FOR RELEASE WEEK OF MARCH 14, 1949

'ake Your Choice in Cottons

You're in for a treat when you shop for cottons this spring ecause there's a wide selection ranging from the newer cotton moiré o such standbys as gingham and chambray.

Even among the lower priced cottons, you will find that the uality is good. Miss Dorothy Durrell of the Home Economics Depart- ent, University of Illinois College of Agriculture, has looked over ne new cottons and reports these trends.

Among "dressy" materials is the cotton moiré, which has a pecial finish to give it stiffness and the water-marked appearance ypical of moiré. When buying it, check to find out whether the inish is permanent so that the material can be washed.

There is cotton voile on the market which has been preshrunk id has a crush-resistant finish. Generally this finish is permanent that it will not wash out. Miss Durrell says there are a number pretty prints in the sheer fabric.

One of the newer cottons is a plissé crepe. It has a honey- omb pattern that looks a little like a waffle-weave fabric. This terial is washable, and the design will not press out.

New widths for materials are another trend showing up this ason. Many cottons are 42 inches wide instead of the customary 35 d 36 inches. Miss Durrell points out that wider material allows me sewers to make full skirts without having to piece them.

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FOR RELEASE WEEK OF MARCH 14, 1949

Hot Water Pays in Work Saved

Hot water pays for itself in convenience, and you'll find it's well worth the cost to put in a water heater. Try to install it this spring if you're doing any work on your home water system.

Before you consider what kind of heater to buy, figure how much hot water your family will use. Miss Gladys Ward, home management specialist at the University of Illinois College of Agriculture, says the best sized heater for any family depends on a number of points. First, consider the size of the family, present and future.

The capacity of heaters ranges from about 10 gallons to about 80 gallons. Most families need one that is from 50- to 80-gallon capacity. The right size for your family also depends on other factors, such as how often and how much laundry is done and how much water is needed for baths. And if you plan later to put in an automatic washer or a dishwasher, you'll be wise to make sure the heater will supply enough hot water for them.

Water-heater types include gas, electric and oil models. And they are both automatic and nonautomatic. It's worth the extra cost to have an automatic heater, as it has numerous advantages on its side. It furnishes a constant supply of hot water and keeps the water at the heat you prefer.

The construction of the heater is important in determining how satisfactory it will be. Of course a durable tank that is well insulated is a basic requirement. And it's important to buy a heater made by an established manufacturer and to buy from a local dealer who can service it when necessary.

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FOR RELEASE WEEK OF MARCH 14, 1949

Use Mixes for Quicker Meals

With a batch of cake mix on the kitchen shelf, you can whip up a fancy dessert for dinner even after a day of gardening or an afternoon at club.

A number of new mix recipes have been developed in the Home Economics Department at the University of Illinois College of Agriculture. Mrs. Pearl Janssen, who worked on developing this recipe, says that the white cake mix can be used for many tempting desserts.

WHITE CAKE MIX

8 cups (4 1/2 quarts) sifted cake flour
2 cups (3 quarts) sugar
3 tablespoons salt
11 tablespoons (1 1/2 cups plus 3 tablespoons) double-acting baking powder
4 cups (2 pounds) hydrogenated fat

Sift flour, sugar, baking powder and salt together. Cut fat into dry ingredients with a pastry blender or an electric mixer until particles are like coarse corn meal. Store in a covered container in a cool place. Makes 8 two-layer cakes or loaf cakes.

WHITE LAYER OR LOAF CAKE

cups minus 2 tablespoons cake mix
cup milk
/2 cup unbeaten egg whites (about 4 whites)
1 teaspoon vanilla
1/4 teaspoon almond flavoring (optional)

Measure cake mix by lightly filling cups. Place in bowl. dd flavoring to milk. Add 3/4 cup milk to dry ingredients. Mix ith electric mixer on medium speed, or beat with a spoon for 2 mintes. Scrape batter from sides and bottom of bowl. Add remaining ilk and the egg whites. Continue mixing for 2 more minutes. Again crape sides and bottom of bowl. Put into baking pans. Bake at 375°F. or about 20 to 30 minutes for layers and 45 to 60 minutes for a loaf. ake until cake springs back when lightly touched.

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FOR RELEASE WEEK OF MARCH 21, 1949

U. of I. to Have Restaurant Management Course

Training for men and women in restaurant management is to be given at the University of Illinois, starting with this fall semester.

The 4-year curriculum has been approved by the university's Board of Trustees. The course is to be administered by the College of Agriculture under direct supervision of the Home Economics Department. Miss Evelyn Smith, associate professor of Institution Management, has been appointed to head the work.

Besides preparing for restaurant management work, students may take this course plus elective classes to prepare for allied fields. They can take training to be purchasing agents, kitchen equipment specialists, or food inspectors.

The new program has been developed at the request of the restaurant industry in Illinois. Miss Smith explains that restaurant management is a recognized profession today. Managers need to be trained in scientific, technological, and economic aspects of food management. To date most of the trained personnel in food production and food service have been women trained in home economics. Most of the managers have been men, either owners or employees. They recognize the need for more information on food service and management.

Several students have already started training for work in restaurant management. And a number of inquiries have been received about the course.

The first 2 years will be devoted largely to basic and general subjects. In the junior and senior years, specific courses in home economics and commerce are to be studied. In addition to the -year course, it is hoped that short courses and consultant services throughout the state can be developed in the future.

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FOR RELEASE WEEK OF MARCH 21, 1949

Researcher Studies Cupboards

Mother Hubbard's cupboards may have been bare, but cupboards in modern kitchens often contain too much. Research has been done to see how they can be arranged and used to better advantage.

Miss Helen McCullough, on the staff of the Department of Home Economics, University of Illinois College of Agriculture, made this study. Factory-built cupboards and cabinets were used to determine how much kitchen storage space is needed by an urban family.

The study showed that storing items where they are first used is one of the most important factors in making the best use of kitchen cabinets. In general, utensils and food are stored at one of four places--the range center, the sink center, the mix center, and the serve center.

At the mix center, where ingredients are combined and food prepared, there should be storage space for such utensils as mixing bowls and spoons. Here also go such foods as sugar, flour and shortening.

At the range, storage space is needed for skillets, lids and such implements as stirring spoons and a potato masher. Foods to be stored here included canned vegetables and those used with boiling water, such as coffee.

For jobs done at the sink, dishwashing supplies and some foods and utensils are stored at this center. Among the foods are those which need soaking or washing. The coffee pot, double boiler, and saucepans are stored here also. Items to be stored at the serve center include trays, the toaster, and ready-to-eat foods.

To obtain a copy of the circular, CABINET SPACE FOR THE KITCHEN, write to Small Homes Council, University of Illinois, Urbana. Residents of Illinois may receive single copies free until June 1.

JM:lk
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FOR RELEASE WEEK OF MARCH 21, 1949

Have Jars Ready for Canning

Check over your supply of jars and lids for canning now. Then you'll know that they are in good condition and that you have plenty for the day when spring produce is ready for canning.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, warns against using defective jars and lids. They may prevent the airtight seal that's necessary for successful canning.

Miss Armstrong says that any jars or lids with cracks, chips or dents should be discarded. Also discard a lid with a porcelain lining if it is cracked, broken or loose. If this type of lid has even a slight dent at the seal edge, discard it.

Another point to check is rubber rings if you use them in canning. Generally it's best to get all new ones. If you bought more rubber rings than you needed last year and have unused ones left over, you may use them if they are in good condition. Test the rings by folding them.

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Check Quality When Buying Cottons

When you're shopping for cotton goods, you can make two easy tests to check durability and quality. Miss Dorothy Durrell of the Home Economics Department, University of Illinois College of Agriculture, suggests these tests: First hold material up to the light and notice whether it is closely and evenly woven. A close weave usually indicates that the material is strong. Then feel the material to see whether it is smooth. Smoothness indicates that the material is woven of strong thread made of long cotton fibers.

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Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 28, 1949

an Find Slenderizing Styles This Spring

With slenderizing styles on the market this spring, the omen who's figure is on the "plumpish" side can find a good selec-ion of becoming clothes. The popular long, plain skirts, V-ecklines, and redingotes are all to her advantage.

Miss Fern Carl, clothing specialist at the University of llinois College of Agriculture, reminds us that long lines usually ive a slenderizing effect. Lines that cut across the figure tend o give a broader look. For example, a stout woman will find a one-iece dress is more becoming than a skirt and blouse.

Here are some points for choosing a slenderizing dress: one hat opens down the front--all the way or just to the waistline--is specially good because this line divides the broadness of the figure. V-neckline and narrow collar, such as the fashionable roll or shawl ollar, are usually becoming. To be avoided is a round neckline or ollar.

For a becoming skirt, the plump person will be wise to look or one that is plain and neither too full nor too tight. Drapery on he skirt front is suitable if it gives a long line instead of cutting line across the figure. Miss Carl warns against skirts with hip in-erest--pleats, pockets, gathers, or peplums. Back interest, such as bow, is not becoming either.

Clothes for the larger woman may be just as pretty and fem-inine as those for the small woman. For example, lacy dickies and retty jabots are fine for stout women if they give added length in-ead of width. Long necklaces and pearls are generally becoming too.

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FOR RELEASE WEEK OF MARCH 28, 1949

lass Sees Results of Poor Diets

The importance of eating--and eating the right foods--is eing demonstrated in a laboratory of the Home Economics Department t the University of Illinois.

Students working in this laboratory are feeding special iets to animals in order to see how vital a correct diet is to the ody. Results are striking: Chickens that do not get vitamin K show his deficiency in their blood; it will not clot. Rats that eat only small amount of protein are small and underdeveloped. They will ot eat the vitamins that are put out for them.

Through this work on nutrition problems, students can put nto practice what they have learned in class. Miss Beulah McKey, f the nutrition research laboratory, explains that each girl chooses ne nutrient to study. She uses two sets of animals. Part are fed correct diet; these rats are known as the positive control. Part re fed a diet lacking in one nutrient. From the two sets of animals, he class sees what a difference the lack or the presence of one es- ential part of the diet can make in the body.

While carrying on her experiment, each girl makes frequent ests of the condition of the animals she is using. Weights are re- orded each class period. Blood samples are taken and bone tests ade. Charts showing the growth of animals are kept also. Then each tudy is written up by the student with a summary of the results.

ass Sees Results of Poor Diets--2

When the poorly fed animals have reached a certain stage, me are given the food needed to cure them. Others are autopsied r wider evidence of malnutrition. After the animals are brought ck to normal condition, they may be used for other experiments.

One of the most dramatic studies is being made on black ts. After being fed a diet lacking in pantothenic acid, one of the vitamins, these rats begin to get gray hair. Students see that is is one factor that is definitely concerned with gray hair in ts. The application to human nutrition has not been demonstrated.

Another study being made on rats this semester shows the ue of vitamin D in the diet. This vitamin is important for sound e structure. Absence of it in human diets may lead to rickets. vitamin D is removed from the diet of the rat, it will not develop kets; there must also be an imbalance in calcium-phosphorus ratio the rat's diet. Then the bones of rats show zones of calcium rare-tion similar to that which occurs in human rickets. Students ob-ve rickets in various stages of severity and watch the changes during ling.

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Week to Honor Home Advisers

Illinois home advisers, the women who carry on home econom- extension work to help homemakers in counties throughout the state, l be honored during the week of May 1 to 7. Those are the dates National Home Demonstration Week.

At present Illinois has 88 home advisers. And there is an anized program of home economics educational work in 99 of the 102 nties in the state. This program offers women information on foods nutrition, clothing, home management, health, child development, training of youth.

:lw
3/49

COOPERATIVE EXTENSION WORK IN AGRICULTURE
AND HOME ECONOMICS
STATE OF ILLINOIS

ege of Agriculture, University of Illinois
ited States Department of Agriculture,
Cooperating

March 23, 1949

Extension Service in Agriculture
and Home Economics
Urbana, Illinois

Dear Editor:

We regret very much that an error occurred in a white cake mix recipe story sent to you for release the week of March 14. If you used this story in your paper, we would appreciate your running the following correction:

Correction for White Cake Mix Recipe

In our _____(date) issue, we published a story on a recipe for a White Cake Mix developed at the University of Illinois. Our attention has been called to an error in the recipe as it was released by the university. The mix recipe called for 11 tablespoons of baking powder but incorrectly stated that this would be 1 1/2 cups plus 3 tablespoons. Actually 11 tablespoons is 1/2 cup plus 3 tablespoons, and that is the right amount to be used in the recipe. Readers who saved this recipe will want to make this correction in it.

Very truly yours,

Joan Miller

Joan Miller
Assistant Extension Editor

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 4, 1949

ighlight Navy With Accessories

If your basic spring costume is navy blue--and many are his season--you'll find colorful accessories galore to highlight it.

Miss Ritta Whitesel, on the clothing staff of the Home Eco-omics Department, University of Illinois College of Agriculture, says hat the keynote to smart dressing is choosing clothes and accessories hat form complete ensembles. And when you select accessories, the est way to get an attractive combination is to try everything on ogether before you buy. Miss Whitesel warns against "buying before rying."

Some currently popular colors that go well with navy are he golds and the warm beige, honey, or wheat tones. An attractive ombination would be a navy suit with a beige hat and gloves, a ornflower blue corsage, navy shoes and bag, and mist-blue hoisery. iss Whitesel says this ensemble would be especially attractive on brunette.

All-navy with a touch of white is always smart looking. And or something more colorful, you might choose a red, white and blue ombination. A red hat, polka dot scarf in blue and white, white loves, and navy shoes and bag could be used together.

American beauty is another high color that is lovely with avy. A shorty coat of this red is a good choice for a navy suit. or a navy blue and beige combination, one touch of orange red can urn the trick to complete an eye-catching outfit.

JM:lw
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FOR RELEASE WEEK OF APRIL 4, 1949

Students Vote for Food Variety

It takes variety and some food that sticks to the ribs to make a satisfactory meal, as family menu-planners know. Students in dietetics at the University of Illinois have found out how true this is from eating lunches that didn't measure up to these standards.

After eating these special lunches, the students were strongly in favor of variety meals, reports Miss Harriet Barto, who teaches the class. Miss Barto is associate professor of dietetics in the Home Economics Department, University of Illinois College of Agriculture.

All of the students ate about the same amount of food from the standpoint of calories, the menus averaging 700 calories. That's about one-third of the daily calory requirement for women, and the average allowance for lunch.

The girls ate three types of menus. One group had nothing but liquids--such as milk, ice cream and thick soups. Although these students felt well filled, immediately after eating, they were hungry again in an hour or so. The reason? Liquids are quickly digested and soon leave a person with that "empty feeling."

Another group ate "one-dish" luncheons. Each dish included as many ingredients as desired, but all were combined into one mixture, such as tuna-potato-chip casseroles and scalloped ham and potatoes. Each girl chose a food-combination she especially liked. The students found this type of meal too monotonous, although they felt well filled after eating.

Part of the students ate "low-fat" luncheons. Even though the menus included a large quantity of food, the girls felt hungry again in midafternoon. Lack of fat was a chief cause of the hungry feeling. Fat "sticks to the ribs" because it is slow to digest. These menus were largely made up of protein and carbohydrate foods.

JM:lw
3/30/49

FOR RELEASE WEEK OF APRIL 4, 1949

an Accurately for Good Results

Check the accuracy of the gage on your pressure canner to ake sure that foods canned this summer are of the best quality and ill not spoil.

Because all vegetables except tomatoes and pickled beets ust be processed in a steam pressure canner, this equipment should e in perfect condition. Miss Frances Cook, foods and nutrition specialist at the University of Illinois College of Agriculture, reports hat gages frequently register inaccurately.

To test a dial-faced or slide type gage, have it checked gainst a master gage. There is usually someone in every county who an do this testing job--the county home adviser, a home service agent r a store that sells canning equipment.

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ying Bath Towels--Check Underweave

When you buy bath towels, naturally you want them to wear ell. One way to check wearing quality is to see whether the foundation fabric is closely woven and firm.

Home furnishings specialists at the University of Illinois ollege of Agriculture say that a close underweave is a good sign of urability. And to find out how good a towel will be for drying purposes, look closely at the loops. Good pile loops are soft, fairly ose together, and not too tightly twisted.

The length of the loops is important too. A length of about e-eighth inch seems most desirable. Although longer loops add to e drying power, they are likely to catch and pull out easily.

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for weeklies

omemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 11, 1949

reserve Top-Quality Asparagus

The first asparagus on the market is usually fresh and ten-
er, so it's good for canning and freezing.

Asparagus is one vegetable that's better when frozen than
anned. Miss Grace Armstrong, foods and nutrition specialist at the
niversity of Illinois College of Agriculture, explains that canned
sparagus doesn't hold its shape so well as the frozen product. She
ecommends this method for freezing:

First, carefully wash and trim the stalks, discarding the
ad parts. Also discard the tough stalks. Then cut stalks either
nto lengths to fit the cartons or into 1-inch lengths.

Blanching is the next step, and it's important for keeping
olor, flavor, and food value. Weigh out 1 pound of asparagus. Put
into a wire basket or sieve, and lower it into a kettle containing
quarts of boiling water. Cover the kettle and hold the asparagus in
e water for 3 minutes, counting the time from the moment it is put
. Usually the water will not boil again.

Next remove it from the hot water and put the basket or
eve into a container of cold water. Hold the container under run-
ng cold water to cool the vegetable quickly. Or use several con-

;ainers of cold water, transfering the asparagus as each container ;ets slightly warm.

As soon as the asparagus is cool, drain it and pack into con- .ainers. Rectangular cartons with cellophane bags inside are satis- 'actory. Seal and freeze immediately.

To can asparagus, use a steam pressure cooker. Wash stalks arefully; cut them into long pieces the right length to fit upright n jar, or cut into short lengths. Prepare the long pieces this way: 'ie them into bundles and place upright in a kettle with boiling 'ater to cover the lower part of stalks. Cover tightly. Boil 3 min- tes. Pack hot into containers, removing string as asparagus slips nto container. Add ½ teaspoon salt to each pint. Cover with fresh oiling water. Process at 10 pounds' pressure; pint jars take 25 min- tes, quart jars 55 minutes, and No. 2 and 2½ cans 20 minutes.

If asparagus is cut into short pieces, cover with boiling 'ater and boil 3 minutes. Pack hot into containers. Add salt as irected and cover with boiling water. Process as above.

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pring-Clean Linoleum Floors

Give a bit of special attention to cleaning and waxing lin- leum floors and they will wear better. Waxing prevents stains from inking into the covering and protects it against marks.

Linoleum can be cleaned best with a soft cloth or mop wrung ry out of warm, soapy water. Miss Gladys Ward, home management spe- ialist at the University of Illinois College of Agriculture, advises ashing only a small part of the floor at a time. And it pays to use ater sparingly, because too much water may loosen seams and cause inoleum to buckle. Always rinse the floor with a cloth or mop wrung ry out of clear warm water.

When the floor is thoroughly dry, apply either paste or .iquid wax. Use it according to directions on the container.

Miss Ward says two thin coats of wax are preferable to one eavy coat. Let each coat dry thoroughly before applying the next.

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FOR RELEASE WEEK OF APRIL 11, 1949

'lant Flowering Trees Now

If you're going to plant a flowering tree or two this spring, ow is the time to do it.

H. W. Gilbert, landscape gardening specialist, University f Illinois College of Agriculture, says such trees should be planted y the middle of April or soon afterwards. They can be planted a ittle later than that in northern Illinois. But if you happen to miss he bestplanting season this spring, you'll have another chance in he fall.

Some flowering trees that do well in Illinois are the red- ud, serviceberry, crabapple, saucer magnolia, and flowering dogwood. 'he dogwood thrives best in the southern two-thirds of the state. bst of these trees bloom before or during May.

If you want a tree that blooms later, you might get a olden rain tree or a Scholar tree. The latter is also called a Jap- nese Pagoda tree. These types usually bloom in June.

When redbud trees are to be grown in the northern part of he state, it's best to get a northern strain. Otherwise they may ot do well in that climate.

Gilbert points out that there are many kinds of crabapple rees. The different types grow from 8 to 40 feet tall. They also ary in color of blossoms and foliage, and the fruit varies from 1/2 o 2 inches in size.

Before selecting a crabapple tree it's wise to decide where nd how you want to use it. Then you'll be satisfied with the color nd height. You may choose a Bechtold variety of native crab or an iatic or Siberian strain. The two latter types are more disease re- stant.

Crabapple varieties include the Arnold, Eastern, flowering, d-fruited Chinese pear leaf, purple, Sargent, Chinese flowering, nd Zumi.

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for weeklies

omemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 18, 1940

ry New Flavoring Products

Some of the newer flavoring products on the market will ut new taste-value into everyday foods--as an experimental foods lass found out in the home economics department of the University f Illinois.

One seasoning that improves the flavor of vegetables and oups, these students found, is the substance known as technically ono-sodium-glutamate. It is in a crystalline form and is sold under ommercial names. By itself it is primarily a salty and sweet flavor.

Mrs. Pearl Janssen, who teaches the class, reports that the udents particularly liked this substance for seasoning soups, gravies, and vegetables. Mrs. Janssen is on the staff of the home economics department.

Liquid herbs were also tried and tasted in various combinations. One combination that was generally liked was liquid mint in fruit juices. Liquid tarragon, rosemary, garlic, thyme, and marjoram ere also tried. Students found that these increased the flavorfulness of such things as tomato juice, soups, and gravies.

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pring Relish Plate Is Colorful, Tasty

A tempting relish plate of orange carrot sticks, green elery curls and cabbage wedges should be featured in many of your als these days. Food specialists at the University of Illinois llege of Agriculture point out that all of these vegetables are entiful. And you will find them delightfully crisp for crunching mealtime.

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FOR RELEASE WEEK OF APRIL 18, 1940

Arrange Cupboards for Convenience

Some narrow, shallow, or half shelves in cupboards can make your kitchen-work easier because you won't have to unstack or reach behind dishes or packages to get something you need.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests that you study cupboards as you clean them this spring to see whether shelves can be improved to fit the supplies you store on them. Sometimes you can put in additional half-shelves for cups, saucers, and small packages. Or you may put vertical partitions between two shelves in a cupboard; these can be used for file-storage of cake, pie, and muffin pans.

First decide exactly what items are to be stored in each cupboard. It's important to keep them in the cupboard nearest the place where they are used. For example, staple foods and mixing utensils should be stored in the cupboard over the counter where you mix foods. Bulky foods like flour and sugar may be stored in bins or drawers below this work counter, especially when the family uses large amounts.

After you've decided where to store items, measure the height of things that are to go into each cupboard. Then group those that are of similar height, and plan shelves to fit them. For instance, you can put small packages of spice on narrow shelves made to fit them. "Step-up" shelves may be purchased or made at home to fit into one of the regualr deep shelves in cupboards.

Other shelves may be installed to fit taller items, such as mixing bowls. And others can be planned for medium-height items, such as baking powder cans.

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JM:df

FOR RELEASE WEEK OF APRIL 18, 1949

Build Wardrobe on Basic Costume

In the spring feminine fancy turns to thoughts of clothes. And the basic costume is the best place to start planning if you want to be well dressed.

That's Rule No. 1 to follow, according to Miss Rita Whitesel, who is on the clothing staff of the home economics department, University of Illinois.

When you are shopping for a basic costume, style and color are two most important considerations. For a lasting style, choose a basic suit or dress that is simple. That means getting one that has no high-style features, such as exaggerated sleeves, pockets or trimming. Miss Whitesel says a soft dressmaker suit is usually a good choice. And the three-piece suits in stores this spring have many advantages, too.

Of course the color you choose depends on what complements your natural coloring. The basic colors are the neutral ones--black, brown, gray, navy blue. You've probably found which of these is best for you. If not, try them and find out.

After you have your basic costume, you won't have to worry about its being monotonous. The neutral color will serve as a background for many bright colors. You can choose different sets of accessories to highlight it.

The secret of making the most of a basic costume is to harmonize all the things that go with it. When you shop for accessories, try on everything together before you decide on your choice. Then you'll be sure of being pleased with the picture you see in your mirror.

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JM:df

for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 25, 1949

Home Economics Program Reaches 35-Year Mark

During National Home Demonstration Week, May 1 to 7, a program of education "for better homemaking" is being recognized in Illinois. It's the home economics extension program which has been growing rapidly for the past 35 years.

Under this program women study almost every phase of homemaking and family living. They work with 93 home advisers who serve every county in Illinois.

Each home adviser has a degree in home economics, 3 to 5 years of experience in this field of work, and first-hand experience of rural life. She has the cooperation of the home bureau organization in her county and the cooperation of the Extension Service in Agriculture and Home Economics, University of Illinois College of Agriculture.

The home adviser and women in the county work together in planning the group programs each year. They select projects that will help answer current problems of homemakers.

Assisting the home adviser in bringing the latest information to homemakers are the home economics extension specialists at the University of Illinois. They work in foods and nutrition, clothing, home furnishings, child development, health education, home management, and home accounts. The state leader of home economics extension is Mrs. Kathryn Van Aken Burns.

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IJM: jd

FOR RELEASE WEEK OF APRIL 25, 1949

Vanilla Ice Cream Is Under Study

"I'll take vanilla." That's probably the most popular order for ice cream, but a group of home economics students at the University of Illinois are finding there's a difference in vanillas.

These girls have been testing ice cream flavored with different vanillas to see which flavoring they prefer. Then their ratings are turned over to a commercial flavoring association which is trying to find out how consumers like various vanilla flavors. This national association will use the findings in setting up standards for a good vanilla to put in ice cream.

All of the students are taking a foods course in which they study quality standards in commercial food products. Mrs. Glenna Lamkin, on the staff of the Home Economics Department, is in charge of this class study. She points out that the ice cream testing ties in with the group's other studies of food products.

Since this work started last fall, the students have tested 4 different sets of ice cream. In doing the testing, each girl tasted three or four different samples of ice cream. These were flavored with different grades of vanilla. Each sample contained exactly the same amount of flavoring except that there was an unflavored sample in some of the tests.

The students scored the samples by number to show which they considered most desirable and which least desirable. They judged the flavor on its intensity and quality.

Vanilla Ice Cream Is Under Study--2

Results showed that the preferences varied widely. Some of the students preferred ice cream flavored with high-grade vanilla made from fresh whole beans. Others liked that flavored with vanilla made from pieces of beans.

E. F. Strunk, on the staff of the Dairy Technology Division, is in charge of setting up this study at the university. He explains that three different groups are helping with the judging here--the home economics student group, a collegiate group made up of staff members in dairy technology, and a commercial group made up of local ice cream manufacturers.

Four other universities are participating in this project. The combined results of all the studies will be used by the national association in setting up flavoring standards.

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Footwear Is Fancy Free

Colored shoes are one of the biggest features in footwear this spring. If you're getting a pair, choose a bag that matches to keep harmony in your wardrobe.

That's the advice of Miss Ritta Whitesel, on the clothing staff of the Home Economics Department, University of Illinois College of Agriculture. She emphasizes the fact that it's important to have all parts of an ensemble go together if you want to look smartly dressed. And you can make colored shoes harmonize with an outfit by matching them with other accessories.

When you buy new shoes, be sure to find out how to clean and take care of them. This is especially important when you select colored shoes, because they'll probably require special care.

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WJM: jd

FOR RELEASE WEEK OF APRIL 25, 1949
(Hold for northern Illinois until
strawberries are available)

Stock Up on Strawberries

Take advantage of the strawberry season by freezing a good supply while they're plentiful.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, advises you to select firm, ripe berries for freezing. And, if possible, select a variety that's been found good for freezing. These include Blakemore, Catskill, Dorsett, Redheart, Chesapeake, Fairfax, and Premier. Here is the method to follow:

Wash, cap, and drain the berries. Then slice or crush the berries or you may prefer to leave them whole. To prepare the sliced or crushed berries for packaging, mix 1 cup sugar with 5 cups of the fruit.

To prepare the whole berries, put them into cartons and cover immediately with a 40-percent sugar sirup. Make this sirup by mixing sugar and water in the proportions of 1 cup sugar to $1\frac{1}{4}$ cups water. Stir the sirup until all sugar is dissolved. You may heat the mixture to dissolve it more quickly, but be sure to cool it before using.

When you put fruit prepared either way into containers, leave room at the top of the package to allow for the contents to expand during freezing. Leave $\frac{1}{4}$ inch of space in a pint container and $\frac{1}{2}$ inch in a quart.

As soon as a container is filled, seal it. Then freeze the berries immediately.

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NJM: jd

for weeklies

omemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 2, 1949

holarships Available for U. of I.

Several scholarships are available to students entering the iversity of Illinois in the fall of 1949 to study agriculture or me economics. Competitive examinations for three of these will be nducted in each county on the first Saturday in June.

A student who meets eligibility requirements may apply for many different scholarships as he wishes. In general, he must nk in the upper half of his graduating class to be eligible.

Scholarships available are: FARMERS' INSTITUTE SCHOLARIPS: Two of these are available each year for each county, one in riculture and one in home economics. Each has a value of $320 for e regular 4-year course. Examinations for these will be conducted the county superintendent of schools on June 4.

COUNTY SCHOLARSHIPS, AND SCHOLARSHIPS FOR CHILDREN OF VETANS OF WORLD WAR I AND WORLD WAR II: These are usable in any college the university. The examination for these is the same as that for rmers' Institute Scholarships and is held at the same time and place.

KROGER SCHOLARSHIPS: These give a student $200 for the eshman year. Six scholarships are available for Illinois; they are be divided equally between students in agriculture and home economics.

These are awarded on the basis of scholastic achievements and leadership qualities. Applications may be obtained from the University of Illinois College of Agriculture, Urbana; these should be completed by July 1.

SEARS ROEBUCK SCHOLARSHIPS: These are for freshman students entering the College of Agriculture. They are awarded on the basis of financial need, high school scholarship, and other records. The payment is $200 for the freshman year and there is the possibility of an extension through the sophomore and junior years for outstanding students. Applications may be obtained from the University of Illinois College of Agriculture, Urbana, and should be completed by July 1. No examination is required.

Anyone wishing further information about scholarships can inquire at the office of the county home adviser, farm adviser, or county superintendent of schools.

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JM:jd

FOR RELEASE WEEK OF MAY 2, 1949

Dishwasher--Recommended for Big Family

An electric dishwasher can be a worthwhile investment in convenience, especially for a large family or one in which there are several small children.

Home management specialist, Miss Gladys Ward, of the University of Illinois College of Agriculture, points out that the first cost is relatively high, but it quickly pays off in time and energy saved. And a dishwasher may not cost too much more than a cabinet sink in case you're considering buying one of these.

The first requirement for operation of a dishwasher is hot soft water or softened hard water. Besides checking your water supply before buying, also figure out where the equipment will fit into your kitchen. Most kitchens may be arranged to include a dishwasher.

A convenient arrangement for a single dishwasher unit is to place the dishwasher so there's a small work counter between it and the sink. There are dishwasher-sink combinations. In considering one of these, be sure the sink itself will be next to the main counter where you work.

Here are other points to check before buying: CAPACITY: Be sure the machine will hold all the untensils you want to wash at one time.

TYPE: Some dishwashers open at the front, giving an extra work surface. Others have a top opening. There also are models that can be installed under a counter in the kitchen.

OPERATION: Find out how the machine is operated, how much hot water it takes, how it does the job.

TM:jd

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FOR RELEASE WEEK OF MAY 2, 1949

ust Spots--Here's Way to Remove

Rust and grass stains--common spring problems--are best re-oved from white cotton, linen, or rayon with undiluted commercial leach or a solution of Javelle water.

This showed up in studies made in the Home Economics Depart-ent, University of Illinois College of Agriculture. Miss Florence ing, of the department, was in charge of these studies. She stresses hat these methods are for white materials. Before using a remover n colored fabric, try it on a sample piece to see if it injures the olor.

When applying bleach, use a glass rod or slender stick. rap end of rod or stick in clean white cloth to make a sponge-like d. Use a light dotting motion on the spot so the stain doesn't read. And rub up and down with grain of material instead of using circular motion.

Always rinse out bleach quickly by dipping material into ter. Never let Javelle water remain on a stain for more than 1 nute; it will rot material. In using any bleach, many brief appli-tions are better than one long one.

Rust on white wool fabric can usually be removed with oxalic id crystals. Miss King suggests that you wrap some crystals in a ite cloth; shape this into a small bag about the size of the end a pencil. Then moisten it and dab on stain. After a few minutes, nse out well. Repeat till stain is gone.

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M:jd

for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 9, 1949

Draperies Can Broaden Windows

Windows that are awkwardly tall and narrow can be made graceful with draperies.

The main thing is to emphasize cross-wise lines instead of up-and-down lines in decorating them. Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture, gives some easy ways to do this.

One method is to make draperies of material that has a cross-wise stripe or design in it. The stripes are most effective if they are unevenly spaced and if wide or brightly colored.

It also helps to widen windows if curtains and draperies are just long enough to reach the window sill or the lower edge of the wood frame Generally floor-length draperies emphasize the tall effec

Another way to give a wide effect is to have curtain rods as wide as the wood frame of the window. Then curtains or draperies can be hung to cover the wood trim. Or use rods that are even wider than the frame. Then hang draperies so they cover the frame and extend outside of it.

The swinging-type rods called cranes can be used for this same purpose. Place cranes so they are swung out from the window frame. Then draperies hung on them will extend outside the window frame.

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NJM:jd

FOR RELEASE WEEK OF MAY 9, 1949

Enlist for Home Fly Control

Every homemaker must be a one-woman army this spring--to 'ight the battle against flies.

Your family's health and comfort can depend on how well the 'ly problem is licked in your home and community. From the health tandpoint, flies are a real menace; they carry at least 20 human iseases, possibly including infantile paralysis. And everyone knows ow uncomfortable and annoying it is to have flies in the house.

There are two ways to keep your home fly free--by strict leanliness and by good spraying with the right fly-killer. Go to ork on the cleanliness job right now. And start spraying around your ouse in June.

Careful garbage disposal is one way to make your home unin- iting to flies. H. B. Petty, insect specialist at the University of llinois College of Agriculture, advises disposing of garbage twice a eek. Burn it. Bury it. Or haul it away. And always keep the gar- age can covered.

Clean out garbage containers once a week. Flies breed in e filth that sticks to the sides of garbage cans. After cleaning it it, spray the can inside and out with DDT. Spray nearby areas too.

These simple steps can be a big help in making your home y-control program a success. And every homemaker who cooperates ll help remove the fly menace from Illinois.

M:jd

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FOR RELEASE WEEK OF MAY 9, 1949

Correct Washing Keeps Nylon White

How to keep white nylon from getting gray is a currently common question with so many nylon slips and other garments on the market.

Correct washing is the key to preventing white things from turning gray. That's the advise of Miss Florence King on the clothing staff of the Home Economics Department, University of Illinois College of Agriculture.

Plenty of sudsy lukewarm water is the first requirement for washing white nylon. If it is washed in too small an amount of water, not all the dirt will be transferred from the material to the water.

Also use plenty of water for rinsing. Have the water lukewarm for this and give garments at least two rinses.

You can use a dilute solution of commercial bleach on white nylon if regular washing doesn't keep it as white as you like.

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"Go Fishing" for Dinner

"Go fishing"--at your grocery store--if you're looking for a good main course for dinner. Fish, fresh and frozen, is in good supply on the market. And food specialists at the University of Illinois College of Agriculture point out that fish can be prepared in many tasty ways.

JJM:jd

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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 16, 1949

Make Smooth Cream of Tomato Soup

Hot cream of tomato soup is a spring luncheon favorite when served with sandwiches. To make sure soup is smooth, use no more tomato liquid than milk and stir the tomato into the milk.

Mrs. Pearl Janssen, of the food and nutrition staff, University of Illinois College of Agriculture, stresses the importance of combining the soup the right way. You can use equal amounts of tomato and fresh milk. But don't use more tomato than milk because it is more apt to curdle.

When you combine the ingredients, stir the tomato liquid (juice or strained canned tomatoes) into the milk. That also helps prevent curdling. And have both tomato liquid and milk cold for smooth results. Or have the tomato hot and the milk cold.

You may want to make a thin white sauce of the milk to use with tomato liquid for soup. Combine as above.

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Hold a Stain-Removal Session

Instead of removing stains from just one garment at a time, work on several garments during a session. That's the advice of Miss Florence King, on the clothing staff of the Home Economics Department, University of Illinois College of Agriculture. Stain removal is a slow job because it takes time for the removers to work. But by working on several garments, you can apply remover to stain on one garment while you wait for remover to work on another. Of course it's best to take out any stain as soon as possible after it gets on fabric.

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JM:er

FOR RELEASE WEEK OF MAY 16, 1949

revent Friction Over Family Car

To keep peace in the family over the problem of using the ar, talk it over once a week and decide who is going to have it when.

By planning ahead you can make sure everyone has transpor-ation when he needs it. And this will prevent unpleasant feelings as ell as helping young people see the importance of sharing and taking urns.

Miss Margueritte Briggs, family relations specialist at the hiversity of Illinois College of Agriculture, says discussion ses-ions are well worth the effort. Every family meets up with such com-on problems as use of the car. But by talking things over, they can ive the cooperation and fair play it takes for successful living.

If decisions are made through family agreement, there's less hance of anyone feeling resentment. Otherwise a person may store up esentment and is likely to express it sooner or later. Then there's family crisis.

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ions Make the Meal

What makes a better dinner-on-a-platter than pot roast cooked th vegetables--including onions. And "boiling" onions are a good y right now, so it's high time to feature this dish. Lee Somers, getable crops specialist at the University of Illinois College of riculture, points out that these yellow onions from last season are real food bargain right now.

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IM:er

FOR RELEASE WEEK OF MAY 16, 1949

pray House, Say "Shoo" to Flies

Spraying is one of the best ways to say "shoo" to flies and id your house of this summer nuisance.

And spraying is a real protection for your family because lies are more than a nuisance. They're a health hazard. They carry t least 20 human diseases including diptheria, smallpox, typhoid fev- r and possibly infantile paralysis.

The best time to start spraying is in early June. And a ood chemical solution to use for spraying against flies is DDT (a 25 ercent emulsifiable concentrate diluted to 5 percent strength).

H. B. Petty, insect specialist in the University of Illinois ollege of Agriculture and Natural History Survey, outlines the follow- ig program to follow in spraying your home:

First paint the screen doors and frames, window screensand ames with the DDT solution. And spray the porch ceilings with it. len repeat the routine once every month. This will contaminate the osting places of flies.

Other places that need frequent spraying are garbage cans id the areas around them, and outdoor toilets.

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IM:er

for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 23, 1949

Look for Two-Purpose Furniture

When you invest in new furniture--particularly chests of drawers--look for pieces that will do double duty for you.

Miss Marion Kaeser, home furnishings specialist at the University of Illinois College of Agriculture, reports that manufacturers are putting more convenience features into furniture. If you will think ahead about how many places and how many ways you can use a piece, you'll be more satisfied with the furniture you buy.

Nowadays a chest may come fitted with a special drawer which pulls out to serve as a vanity or a desk. These are useful if you're crowded for space and can't have separate pieces to serve various purposes.

If you buy a chest of drawers in a harmonizing style and wood, it may be used in living room, dining room or bedroom. This is especially advisable when you plan to move at some future date.

Miss Kaeser suggests that you watch for furniture that has special storage compartments. Some beds are fitted with a storage bin which pulls out from under the foot of the bed. And a vanity stool may have storage space under the seat.

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JM:er

FOR RELEASE WEEK OF MAY 23, 1949

Test Water, Protect Family Health

The farm family that has a private water supply--either a well or a cistern--can help protect its health by having the water tested for purity.

Miss Elizabeth Scofield, health specialist at the University of Illinois, warns that impure water can spread such serious diseases as typhoid fever and gastro-intestinal infection. She says a water supply should be checked at least once a year. When there's any reason for doubt about its purity, you will be wise to have it checked more often.

If your family's water supply hasn't been tested recently, you can have it done by the Illinois Department of Public Health, Springfield, Illinois. Send your request to that department. They will send you a sterile container in which you can put a sample of water from your home supply. The sample is mailed back to the department for testing free of charge.

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Perfect Pie Meringue--Make This Way

A cream pie with fluffy meringue is a good dessert to serve now when eggs are plentiful. To have a perfect meringue, let egg whites warm to room temperature before beating them because they will give greater volume then. Food specialists at the University of Illinois College of Agriculture stress other points for a perfect meringue: It's best to beat the whites until foamy; then start adding sugar, 1 tablespoon at a time, beating continuously. Beat whites until they form peaks but are not dry. Use at once.

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JM:er

FOR RELEASE WEEK OF MAY 23, 1949

elect Crush-Resistant Material

Keeping a dress fresh-looking in the summer is easier if he material has a crush-resistant finish.

Miss Florence King, on the clothing staff of the Home Economics Department, University of Illinois College of Agriculture, reports that more materials do have this type of finish now. It may be found on cotton, linen, and rayon as well as wool. And this finish gives several other desirable qualities to fabric besides making it less likely to wrinkle.

Miss King says that studies made in clothing classes at the University show that material with this finish has increased strength and resistance to shrinkage. It has also been shown that a fabric with this finish will drape better than the same fabric which does not have the finish.

Another desirable characteristic is that a crush-resistant finish makes material more resistant to spotting.

When the finish is used on material that has a high cloth count, it is quite durable and probably will remain on the material through numerous washings. The finish is less durable on material that has a low cloth count.

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ve Milk Drinks for After-School Snack

When youngsters come home from school on warm days, what could taste better than cold milk and crisp graham crackers! Food specialists at the University of Illinois College of Agriculture suggest that this is one good way to make sure each child gets the recommended 3 to 4 glasses of milk a day.

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FOR RELEASE WEEK OF MAY 30, 1949

Keep House Safe--Spray Againt Flies

If you want to keep your family healthy this summer, Mrs. Homemaker, start spraying the house now with an insecticide to keep out flies.

A good spray to use is DDT (25 percent emulsifiable concentrate diluted to 5 percent strength). H. B. Petty, insect specialist in the University of Illinois College of Agriculture and Natural History Survey, says to paint this solution on screen doors and frames, window screens and frames. Also spray the porch ceilings of your house, he says. Do this at least once a month.

Petty explains that DDT is poisonous, though not extremely dangerous. So keep this chemical off your pantry shelf. And do not use it around kitchen or dining areas without taking precautions to prevent it from getting into food.

When spraying in confined areas, wear a respirator or handkerchief over your nose and mouth to avoid breathing in too much spray. After you use spray, wash thoroughly with soap and water.

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efrigerator Ice Cream--Freeze Rapidly

When making refrigerator ice cream, you can get best results y freezing it rapidly. And one aid for quick freezing is to put only thin layer of ice creammix into each tray. This tip comes from Mrs. earl Janssen of the Home Economics Department, University of Illinois. he also says the control of the refrigerator should be turned to the oldest point 1/2 hour before freezing time.

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JM:lw
-25-49

Make Most of Refrigerator Storage Space

In warm weather, it's especially important to make every inch of refrigerator storage space count, so be sure you refrigerate only foods that need it.

Miss Gladys Ward, home management specialist at the University of Illinois College of Agriculture, says pickles and jelly are two foods that are commonly kept in the refrigerator, although they don't need to be. Refrigerate only the glass of jelly that's being used; that will prevent mold.

Here are some other storage points to check: Heavy paper wrappings, such as those on meat, should be removed before food is put into the refrigerator. If meat is not to be cooked immediately, wrap it in just enough waxed paper to prevent drying out. Also be sure to remove waste parts from vegetables, such as tops from carrots, before storing them in the refrigerator "fresher" drawer.

Another refrigerator storage tip is to cover most foods before putting them away. If food is uncovered, flavors may be transferred from one food to another. Also moisture from food causes frost to form more quickly on the cooling unit and that makes the mechanism work overtime.

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Try Cottage Cheese in Potato Salad

The arrival of the picnic season means that you'll be making lots of potato salad. For a delicious variation, mix several tablespoons of cottage cheese in with the salad. Food specialists at the University of Illinois College of Agriculture suggest this as one way to add flavor and food value to this popular salad.

WM:lw
5-25-49

for weeklies

omemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 6, 1949

eat Ice Cream for Smoothness

The family "goes for" refrigerator ice cream at warm weather eals. And one secret for making smooth ice cream is to beat it as oon as it freezes for the first time.

Mrs. Pearl Janssen on the foods and nutrition staff of the ome Economics Department, University of Illinois College of Agricul- ure, says that beating the frozen ice cream is important for two rea- ons. The stirring will break up large ice crystals, and it puts air nto the mixture so ice cream is light and fluffy.

The only exception to this rule is for ice cream made with hipped evaporated milk. This ice cream should not be beaten when rozen because the stirring will beat out the air.

Mrs. Janssen recommends this method for beating frozen ice eam mixtures: First break up the mass in a bowl. Then beat it with n electric mixer or by hand until the ice cream is fluffy and smooth ut not melted. Quickly return the mixture to the refrigerator tray nd refreeze as fast as possible.

One way to speed up refreezing is to have the bottom of the ray freeze onto the compartment of the refrigeration unit. You can sten this process by pouring about $\frac{1}{4}$ cup of water over the area of e freezing compartment where the tray is to be placed.

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M:er

FOR RELEASE WEEK OF JUNE 6, 1949

ke It Easy When Ironing

Take it easy when you iron clothes by sitting down at this o. That's the way to save yourself about one-fourth of the energy ually spent on ironing.

To get best results with the sit-down method of ironing, you need to change some of your ironing equipment. You can use a conational high board, if you have one, and sit on a high kitchen stool chair. But Miss Gladys Ward, home management specialist at the versity of Illinois College of Agriculture, says that an ironing rd with adjustable heights is a real convenience for this job. Then can raise or lower the board to the most comfortable height for .

There are boards that can be adjusted to various heights and eways. A number of these are on the market now. And many of these rds are all-metal so they are fireproof and nonwarping.

Miss Ward says that another essential for sit-down ironing a comfortable chair or kitchen stool. Both should have an adequate rest to give support. And unless you can sit with your feet flat the floor when ironing, use a stool which has a foot rest.

When you're ready to start ironing, you'll find the most comable position is to have the chair midway between the ends of the ning board. And sit close enough so the board is just over your Then you won't have to stretch. You can iron and reach each end he board with ease.

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FOR RELEASE WEEK OF JUNE 6, 1949

ressure Saucepan--May Be Used in Canning

If you have a pressure saucepan and are thinking of using it r canning, first make sure that it is tall enough for pint jars and at the gage is accurate.

Miss Frances Cook, foods specialist at the University of llinois, advises you to check these points on the pressure saucepan ll before the time you intend to use it for canning. If you want to nd out whether a pan is tall enough, put a rack in the bottom, set vered pint jars on it, and put the cover on the pan. If the cover es on easily, the pan is tall enough to use for canning.

The gage of the pan should be accurate enough to indicate a essure of 10 pounds when the temperature inside the pan is 240° F. is is the most widely used pressure and temperature for canning. If e gage doesn't register correctly, it's impossible to figure the rrect processing time. You may have the gage checked by taking the n and cover to the office of your county home adviser. Or it may be ne at the store where you bought the pan.

When using the pressure saucepan for canning, allow more ocessing time than you do for the pressure canner. This is neces- ry because otherwise the product being canned will not be sterilized oroughly enough.

Here are the recommended number of minutes for processing me common vegetables in a pressure saucepan: Asparagus, 45; lima ans, 55; snap beans, 40; beets, 45; whole-kernel corn, 75; and peas, .

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M:er

for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 13, 1949

Home Economics Press Editor Resigns

Joan Miller, home economics press editor with the University of Illinois College of Agriculture, will resign her position this month to enter graduate study in the field of foods and nutrition. She plans to attend Cornell University at Ithaca, N. Y.

Miss Miller joined the extension editorial staff in May 1948 and has been handling press information from the department of home economics in the College of Agriculture. No replacement for Miss Miller has been named.

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ote to Editors:

Because of Miss Miller's resignation, it may not be possible o maintain a regular service of home economics press releases to you uring the summer months. Home economics releases will be included in he regular mailing as personnel and facilities permit.

Hadley Read
Extension Editor

R:er
-7-49

FOR RELEASE WEEK OF JUNE 13, 1949

Keep Vine-Freshness in Frozen Peas

Bright green and tender--just as they come off the vine--is the way you want home-frozen peas. And you can have them as you like them by selecting high-quality peas and freezing them carefully.

In selecting this vegetable, it's important to avoid getting overmature or starchy peas. They are best if frozen when at the stage that is best for eating. That's the advice of Miss Frances Van Duyne, on the foods staff of the Home Economics Department, University of Illinois College of Agriculture.

For success in preparing peas to freeze, wash and sort them carefully after they've been hulled. Discard any that are not up to standard because only a small number of them can spoil the flavor of several cartons of peas.

The next step is to blanch (scald) the peas. This helps to keep their color, flavor and food value. To blanch a pound, put them into a wire basket or sieve; then lower them into a kettle containing 3 quarts of boiling water. Hold them there for 1 minute, counting time from the moment they are put into the water. Keep kettle covered during blanching.

As soon as scalding time is up, lift the basket of peas out of the hot water and plunge it into a large container of cold water. Put this container under the cold-water faucet and cool it quickly with running water. Or you can use ice water or several containers of cold water for cooling. Then thoroughly drain the peas and pack them into moisture- and vapor-proof containers. Seal and freeze at once.

-30-

JM:er
6-7-49

FOR RELEASE WEEK OF JUNE 13, 1949

Have Ample Sheet Supply

It's a good idea to take an inventory of your sheet supply and find out whether you have enough to get the best wear from sheets.

It's poor economy to have too few sheets and overwork them. The wisest plan is to have enough sheets so that you can rotate them instead of using the same ones over and over again. In that way you get longer service from each sheet.

Miss Florence King, on the textiles and clothing staff of the Home Economics Department, University of Illinois College of Agriculture, recommends that you follow this guide for your sheet supply: First, try to have at least four sheets per bed, and six sheets will allow for better rotation.

Then when you select new sheets, make sure they are long enough. Sheets usually come in two lengths--99 and 108 inches. The length is measured before the sheets are hemmed, so allow for this difference when buying. Generally it's best to get the longer sheets; this will give enough material for tucking in and allows for shrinkage.

The width of the sheet will also determine how satisfactory it will be. Widths vary from 63 to 90 inches. For a double bed, a width of 81 to 90 inches is satisfactory. For a standard twin bed, it should be 72 inches and for a single bed, 63 inches.

Another point to check when buying sheets is width of hem. The hem should be at least 1 inch wide at one end and 2 or 3 inches wide at the other. Look for even, neat hems that are stitched across the ends to prevent catching when they're washed. Hems should be sewed with small stitches, 14 to the inch.

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JM:er

FOR RELEASE WEEK OF JUNE 13, 1949

Kitchen Is One Key to Successful Homemaking

When a woman is tired of being "just a housewife," she can give her spirits a lift by taking to the kitchen.

Working with food gives the homemaker one of her best chances to try new and different things. Miss Margueritte Briggs, family relations specialist with the University of Illinois College of Agriculture, suggests that a woman can get real personal satisfaction out of creating a new food combination or dish.

Besides pleasing herself, a homemaker can please her family by serving attractive, wholesome meals. Miss Briggs points out that Dad and the youngsters take pride in living in a home where "Mom is a good cook." And they are all easier to live with when they are well nourished.

A homemaker should never underestimate the importance of pleasant, well-prepared meals in a happy home, Miss Briggs says. More can be done or not done to break up a family in the kitchen than in any other room of the house.

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Equip Laundry Room to Save Energy

To save your energy, make your laundry room as convenient as possible. Miss Gladys Ward, home management specialist at the University of Illinois College of Agriculture, advises you to keep a sprinkling bottle there, where it will be handy for dampening clothes. Also have a table and chair so that you can sit down to do such jobs as sprinkling and removing stains. If you sit down to work whenever possible, washday will be less wearing.

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JM:er

for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 20, 1949

Summer Storage--For School Lunch Foods

URBANA--End of school means special housekeeping in the lunch room. Left-over foods and processed foods can be used next September provided they receive attention now. They should be inventoried item by item, and arrangements made at once for proper storage.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that dried milk and eggs are two products that call for special care. Both require a cool, dry storage place, and both should be tightly sealed. Dried eggs should be refrigerated or placed in freezer storage if possible. In any event they should be kept at a temperature under 60° F.

Orange concentrate is another product that calls for low temperature. Store it at 45° F. or lower in order to retain its vitamin C content and its color and flavor. Wrap cheese in moisture-proof paper and store in a refrigerator or commercial locker.

Store dried fruits in a commercial locker or a deep freeze unit. Or, if storage space is not available, can the fruit or make it into jam or preserves. All canned foods--fruit, vegetables, meat--should be stored in a cool, dry place away from the light. Examine seals on all jars before you send them into storage. Examine cans for bulged tops, defective seams, and rust spots. Store only those products that are in top-quality condition.

EH:lw
-14-49

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FOR RELEASE WEEK OF JUNE 20, 1949

Yellow Transparents Are Rolling to Market

URBANA--The Yellow Transparent apple harvest is under way in the Pulaski-Alexander and Johnson county areas. Reports indicate that the fruit is first quality and crop prospects are good.

Check supplies at your local markets, for the Yellow Transparent season is short. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we use these tart, tangy apples as often as the budget will permit. They are fine for applesauce, pies, apple betty, dumplings, and apple cobbler.

Use the sweetened applesauce as a topping for French toast, waffles, pancakes, and plain buttered toast. Add a bit of extra sweetening--white sugar or brown--and use the sauce as a topping for plain cake and for fresh gingerbread.

If you want a dessert that needs no last-minute preparation, here's a suggestion: Blend two cups of the unsweetened applesauce with 1/2 cup of orange marmalade. Fold in 1 cup of whipped cream and turn the mixture into the freezing tray of your refrigerator. Chill it thoroughly, but do not freeze. Serve it in tall dessert dishes with crisp homemade cookies 'longside.

If apple pie is the order, use your favorite recipe. When the pie comes from the oven, lift the top crust carefully and spread the apples with 2 or 3 tablespoons of thick sweet cream. Replace the crust and cool the pie until it is barely warm. Serve plain or with a helping of vanilla ice cream or a wedge of full-flavored cheese.

JEH:lw
5-14-49

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for weeklies

Homemaking news

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 27, 1949

Oven Canning Is Dangerous--Let's Use Approved Methods

URBANA--Oven canning is not safe. Foods specialists at the University of Illinois recommend a pressure canner for processing all low-acid foods and a boiling water bath for those high in acid.

Records show that accidents have occurred in Illinois homes as a result of oven canning. Workers have been seriously injured and equipment damaged beyond repair. Records also indicate that spoilage runs high when the oven method is used for processing.

It is possible to get a temperature above boiling in the oven. However, in order to raise the temperature of the product in the jars or cans above the boiling point, the containers must be sealed completely. Complete sealing is dangerous.

When jars or cans are completely sealed and then processed in the oven, a much greater pressure builds up inside the container than outside. There is then danger of explosion.

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Let's Be Thrifty Cooks--and turn those outer leaves of cabbage to good account. They can be used in cooked cabbage dishes--even in cole slaw --if we treat them right.

Trim away any spotted or bruised places, sprinkle with water and place in the hydrator or vegetable bag in the refrigerator until crisp. They'll do just as well for many occasions as the more tender leaves of the cabbage. Often they are richer in vitamin content than the white inside leaves.

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JEH:er

FOR RELEASE WEEK OF JUNE 27, 1949

Tetanus (Lockjaw)--Let's Prevent It

URBANA--Summertime is barefoot time for lads and lassies in many sections of the midwest. Tetanus or lockjaw is an ever-present danger in both urban and rural areas.

Tetanus is a serious disease, and once it develops it is difficult to treat. That's the word from Miss Elizabeth Scofield, health education specialist, University of Illinois College of Agriculture. It is easy to prevent tetanus provided proper attention is given to wounds and tetanus antitoxin is administered immediately. Many physicians recommend that children be given a triple toxoid--diphtheria, whooping cough and tetanus combined--as a precaution.

In order to be on our guard, we need to know how and where tetanus thrives. It is caused by a germ that lives in the intestines of domestic animals. It contaminates the soil of city streets, barnyards, roads, and highways. Gardens and lawns fertilized with manure are other danger spots.

Tetanus germs develop in the deep tissues of the human body where air does not penetrate, as in a puncture wound or a gunshot wound. The germs may be carried into the body by any sharp instrument that has been in contact with the soil. A rake, pitchfork, or nail--rusty or bright--may do the trick.

Prompt action is important. When puncture wounds, gunshot wounds, deep cuts, and wounds from exploding firecrackers occur, consult your physician at once. He will administer tetanus antitoxin if he believes it necessary. Don't depend on home treatment.

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TEH:er

for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 4, 1949

Fire Extinguisher--Make It Standard Equipment for Your Home

URBANA--Water is the most obvious fire extinguisher, but there are occasions when it can do more harm than good. That's the advice from Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

Water causes burning grease, fats, and oils to spatter violently, spreading the flame. It is not effective on fires involving electrical equipment and short circuits until after the circuit is cut off. In such cases a fire extinguisher is the logical answer and should be standard equipment in every home, rural and urban, just as it is in every public establishment.

Select either a carbon dioxide or carbon tetrachloride extinguisher, and locate it where it can be reached quickly and easily. Learn to operate it effectively, and teach other members of the family--teen-agers as well as adults--how to use it. Have it checked regularly according to recommendations in order to keep it in top condition.

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Safety Tip--Be sure electric circuits can carry toasters, roasters, irons and other appliances safely. Circuits are designed to carry certain loads. The blowing of a fuse is a danger signal that the circuit is overloaded or defective. When this happens, consult a qualified electrician.

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JEH:lw
6-28-49

FOR RELEASE WEEK OF JULY 4, 1949

Whip Egg Whites for Volume and Texture--Here's How

URBANA--Many of our warm-weather desserts call for egg whites--angel cakes, meringue shells, fluffy toppings for pies, cakes and puddings. The trick is to whip them so that their volume is good and their texture tender.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says egg whites whip best when they are at room temperature. Take them from your refrigerator at least half an hour before you plan to use them--if you are interested in good volume and texture. Adding a few grains of salt before beating seems to improve their quality.

When you combine the beaten egg whites with other mixtures, fold them in carefully. Don't beat or stir them in. Use a light under-and-over motion. Avoid overmixing or you will lose some of the air you've beaten into the whites.

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our Refrigerator--When to Defrost--Make it a rule to defrost your efrigerator whenever the frost layer on the freezing compartment s about 1/4 inch thick. Melt off all the frost--by turning the efrigerator either to "defrost" or "off." Never pry frost or ice rays loose with a sharp instrument. With the electricity turned ff, clean and dry the freezing compartment.

EH:lw
-28-49

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for weeklies

omemaking news

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 11, 1949

our Kerosene Range--Good Care Makes for Safe Operation

URBANA--Summer weather brings kerosene ranges back into op-ration. Good care given regularly is one of the best guarantees for afe and efficient operation.

Miss Gladys Ward, home management specialist, University of llinois College of Agriculture, says to be particular about the lo-ation of the range. Place it out of direct drafts and out of the line f traffic. Be sure it stands level so that all burners will receive he same amount of fuel.

Wicks should be cleaned after each 12 to 14 hours of burn-ng. Remove the chimney, outside collar and flame spreader or wick top. Adjust the wick until it is level with the top of the wick tube nd wipe with a soft cloth--from the center out--until the wick is free rom the charred edge. Cut off all loose threads.

Fuel pipes require attention each three months, or oftener, f the kerosene contains water. When water gets into the wicks, they urn with a sputtery flame, or the flame has gaps. To clean the pipes ake out the oil reservoir and remove the cap at the other end of the uel line. Tip the stove so that the oil drains out, then run a stiff ire through the fuel pipe to clean it. Finally rinse the pipe with resh kerosene.

Check the wicks regularly and replace them as soon as they urn down to the carrier. Buy ones made especially by the manufacture f your stove. Turn the new wick down into the wick tube for 4 or 5 inutes to soak it with oil before you attempt to light it.

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FOR RELEASE WEEK OF JULY 11, 1949

Lima Beans--How to Freeze

URBANA--If you are planning to freeze lima beans, get them soon. Freezing does not improve the original quality of the product, and beans that are overmature will be poor in flavor, color and texture.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, sends along these directions for preparing the beans for freezing. Select limas of even maturity and work with small amounts at a time so that you can complete the processing promptly.

Hull the beans and then weigh them for blanching. Allow 3 quarts of water per pound of beans. Place the beans in a wire basket or sieve and lower into the kettle of boiling water. Hold there for exactly 3 minutes, counting the time from the moment the vegetable is put into the water. Keep the cover on the kettle during blanching, and heat the water continuously.

At the end of the blanching period cool the vegetable quickly. Plunge the basket into a large container of cold water and place it under the faucet to speed the cooling. If running water is not available, use several containers of water. When the water gets slightly warm in one, put the vegetable in the next one.

Drain the beans thoroughly and pack them as soon as they have cooled. Use containers that can be tightly sealed and will not leak. Freeze the beans just as soon as packaged. If there is a short delay, store the containers in your refrigerator, but not longer than 3 or 4 hours The temperature of the refrigerator should be approximately 38° to 45° F.

JEH:lw
7-5-49

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for weeklies

Homemaking news

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 18, 1949

Cantaloupes--Freeze Them for Winter Meals

URBANA--Time was when we thought of cantaloupes as summertime fare only. Today homemakers are tucking them into deep-freeze units and using them in salads and fruit cups the year 'round.

Food research specialists at the University of Illinois College of Agriculture have had good results in their work on freezing cantaloupe. The fruit is easy to prepare, and when directions are followed carefully, much of its fine flavor and color are preserved

For freezing, select firm, ripe cantaloupes and remove the seeds and the rind. Cut the meat into small wedges and pack it into the containers. Cover with a 40 percent syrup and freeze at once.

To prepare the syrup, use the proportion of one cup of sugar to one and one-fourth cups of water. The sugar may be dissolved in the water by stirring, but if you heat the mixture to dissolve it more quickly, be sure to cool the syrup thoroughly before you pour it over the melon.

In selecting cantaloupes, give attention to the scar at the stem end of the fruit. It should be slightly sunken, smooth and well calloused. The vein-like netting should be full and rounded and stand up from the melon about one-sixteenth inch. If the melon is well ripened, the netting will be coarse. Color, too, is important. Look for a background of light yellow rather than green.

JEH:lw
7-13-49

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FOR RELEASE WEEK OF JULY 18, 1949

Pastry and Quick Bread Mixes--You Can Prepare Them at Home

URBANA--Short cuts in meal preparation are the fashion these busy days. One of the most popular time-savers is the use of mixes for pastries, quick breads and plain cakes. They make it possible to prepare food for two or for twenty-two, as the occasion demands, and to do it very quickly.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says that most of the popular mixes can be prepared in home kitchens. A tested basic recipe, the necessary ingredients, and everyday kitchen equipment are the only requirements. To prove her point, Mrs. Janssen offers her recipe for Pastry Mix.

Pastry Mix

24 cups (6 quarts) sifted all-purpose flour
5 tablespoons (1/4 cup plus 1 tablespoon sugar)
1/4 cup plus 2 tablespoons salt
8 cups hydrogenated fat or 6 1/2 cups lard

Sift flour, salt and sugar together. Divide fat into two parts. Add 1/2 to flour mixture. Cut the fat into the flour until fine like corn meal. Add second 1/2 of fat, cut into flour until the size of peas. Store in covered container.

Directions for mixing: Yield: 1 one-crust pie

1 1/4 cups pastry mix
3 tablespoons water (about)

Add water, a little at a time, being careful to distribute the water evenly through the mixture, until the pastry will easily form a ball. Knead very lightly with a folding-over motion 6 or 8 times. This will form the pastry into a compact ball that will roll easily. Roll to 1/8 inch thickness. Place in pan or on back of pan: prick. Bake at 425° F. for 10-12 minutes or until a delicate brown.

Mrs. Janssen has prepared a number of other recipes for mixes--gingerbread, muffins, biscuits, rolls and white cake--and has listed variations for each one. If you wish a copy of the homemade mix recipes, send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

JEH:lw
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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 25, 1949

lueberries--Directions for Freezing

URBANA--Blueberries are ready If you are planning to reeze them, get them soon because their season is short Check your ocal markets regularly for both price and quality.

Foods research specialists at the University of Illinois ollege of Agriculture say to take your choice when it comes to he packing. Pack the berries plain or cover them with a 40 percent yrup--1 cup of sugar to 1 1/4 cups of water.

Select large, fully ripe berries. Wash them thoroughly nd discard any that are soft. Pack them in the containers and reeze them promptly. If you cover them with syrup, be sure it is horoughly cool before you use it.

Leave space at the top of the package to allow the fruit o expand during freezing. The rule--1/4 inch of head space for pint ontainers and 1/2 inch for quart containers.

Prompt freezing is important to the quality of the product. f you can't store the berries in the home unit or the locker at nce, tuck them into your refrigerator. However, they should not be tored in this manner for longer than three or four hours. Check he temperature of your refrigerator It should be approximately 30 to 45° F.

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FOR RELEASE WEEK OF JULY 25, 1949

iggers--What to Do About Them

URBANA--Chiggers are pests that seem to march along with t, sticky summer weather. In some sections of Illinois they infest e lawns, grass, and woods during practically the entire summer ason. What to do about them is the problem.

Miss Fannie Brooks, associate professor of health educa- on, emerita, University of Illinois College of Agriculture, asks at we give special attention to young children. While it is diffi- lt to protect them from chiggers completely, dusting their bodies th fine sulfur will help. This should be done before they enter e infested area.

But when children have been exposed to chiggers, start eatment as soon as possible. Give them a hot bath and lather their dies all over with a mild soap Rub the lather gently into the esh and then rinse thoroughly. This will help to dislodge any iggers that may be on them.

To stop chigger bites from itching, try dilute ammonia ter, strong salt water or a paste of bicarbonate of soda mixed with ter. Treatment should be prompt in order to help prevent scratch- g. If the bites become infected, consult your physician at once.

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ur Steam Pressure Canner and the steam railway locomotive use the me basic process. The locomotive has a lot of power, but so has ur pressure canner. Check the pressure gauge, the safety valve and e petcock of your canner for accuracy and to see that they are work- g freely.

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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 1, 1949

Home Cooking Hazards--Let's Remove Them

URBANA--Today's busy kitchen has the reputation of being the most dangerous room in the house. Many of the accidents that occur are tied to the job of food preparation. The majority of them result from careless practices.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that it pays to take time to work safely. Undue hurry and fatigue are responsible for many home accidents.

Take time to cover your hand with a dry cloth before opening a steaming kettle or roaster. Remove the cover away from you to permit the steam to escape away from your face and body. Make it a rule to use a dry padded cloth to lift any hot dish or utensil.

To avoid burns from deep-fat frying, thoroughly dry the food to be cooked. Water causes the grease to spatter, presenting a fire hazard. In addition it may cause a painful burn. Keep the handles of all pans and pots turned toward the back of the range.

Take time and care in using grinders, beaters, slicers and other power-driven appliances. Be sure the extension cord is of approved make and in good condition. Turn off or remove the plug before changing the location of a fan or beater. Check the outlet from time to time and have repairs made promptly.

Use a can opener--not a knife--to open cans. When using a knife cut away from your body. Treat both sharp and dull knives with the respect they deserve. Use them carefully and return them to their storage spot promptly, out of reach of young children.

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FOR RELEASE WEEK OF AUGUST 1, 1949

omatoes--Pack Them Hot or Raw?

URBANA--Take your choice--hot pack or raw--when you can tomatoes. ach way of packing has points in its favor, so use the method most onvenient for you and for the equipment you have at hand.

Recent tests at the Bureau of Human Nutrition and Home Economics how that raw-packed tomatoes hold color and shape better than hot-acked. Not much difference was found in flavor, however, and the ot-pack does allow more tomatoes to be put in the jar.

Miss Grace Armstrong, nutritionist, University of Illinois Col-ege of Agriculture, warns that it is important to follow directions hat are correct for the method you use. Tomatoes not heated suf-iciently in canning will spoil in storage.

Select only firm, fully ripe tomatoes, free from spoiled spots. ash the tomatoes and dip them into boiling water for about one-half inute, covering the pan with a lid. Then plunge them into cold ater. This hot and cold treatment makes the skins slip off easily.

One precaution--before peeling, cut out the stem ends. It is ard and tough and will not heat thoroughly during the processing ime allowed for tomatoes. If not removed, it is likely to cause poilage.

Pack the raw tomatoes into jars or, if you prefer the hot-pack, eat them slowly to the boiling point. Boil for two minutes exactly, nd then pack them into hot jars. Hot-pack or raw--add salt for sea-oning, one-half teaspoon per pint.

Processing time for cold-packed tomatoes is 35 minutes for pints nd 45 minutes for quarts. When you use the hot-pack, allow 10 min-ites for either pints or quarts.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 8, 1949

Summer Squashes--Select and Cook According to Variety

URBANA--Summer squashes come in a number of varieties. Whether you pick them in your own garden or buy them at market, it is important to identify them for cooking purposes.

The old-fashioned flattened squash with scalloped edges is a favorite. Whether you call it Cymling, Patty Pan or Scalloped Squash depends on the section of the country from which you come. It is the most watery of the squashes and likewise the most tender.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests either steaming or frying it. To prepare it for steaming, peel if necessary, remove the seeds and cut it into cubes. Steam it until tender--about 20 to 25 minutes--then season with salt, pepper and butter. Or add a small portion of sour cream and a dash of nutmeg and simmer until the cream is heated.

To fry Cymlings, dip the thin slices in seasonsed flour and fry in deep fat. Or dip the slices in beaten egg, seasoned with salt and pepper, then in fine crumbs, and fry in a small amount of butter or oil.

Zucchini or Italian squash is good either baked or fried. For baking, slice it thin without peeling, season with salt, pepper, and butter or oil. Bake for about 20 minutes in a moderate oven--350° F. For extra flavor add scraped onion or a trace of garlic.

Fried Zucchini and bacon strips are a delicious combination. Cut the squash into about 1/4-inch slices and dip in seasoned egg and then in fine crumbs. Fry in a small amount of fat or oil until tender and golden brown.

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FOR RELEASE WEEK OF AUGUST 8, 1949

Garments Must Be Prepared for Dry Cleaning--You Can Help

URBANA--Whose responsibility is it to prepare garments for dry cleaning? Yours or the dry cleaner's? Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, is of the opinion that the work should be done at home unless we are willing to pay extra for the service. Considerable time is required to do the job.

In preparing a garment for dry cleaning, take off all items that are made to be removed. Artificial flowers, pins, buttons and buckles often do not clean successfully. The cleaning fluid tends to dissolve the glue that holds their parts together. Some buttons, pins and buckles will not withstand heat. Others tend to tarnish.

Give attention to shoulder pads and to inner facings. Pads with cotton fillers tend to lump during cleaning, and the rubber dissolves out of those made of sponge rubber. Some pads are covered or filled with material that will fade if wet-cleaned or steam-pressed. Interfacing fabrics of collars, cuffs and front or back closings are not always color-fast.

Identify spots and stains if possible. Your dry cleaner is equipped to do a better job of removing them than most homemakers. However, if you have worked on a stain or spot, let him know the reagent you used. It may make a difference in his procedure.

If you have information about the fibers in the material, send it with the garment. Today many materials are blends and mixtures of two and even more fibers. Some of them call for special treatment, especially when it comes to pressing.

Make it a rule not to press soiled garments. The pressing may improve the appearance of the garment temporarily but will make it more difficult to clean. Then, too, there is danger that the heat may make the spots and stains permanent.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 15, 1949

Peaches--For Freezing and Canning

URBANA--Peaches are rolling to market from Illinois orchards. The crop this year is better than usual--in both quality and quantity. Select only top-quality fruit for preserving. Foods specialists, University of Illinois, recommend these methods for processing:

CANNING PEACHES

Select firm-ripe peaches and plunge them into boiling water to loosen the skins. Peel them and drop them into weak brine--one tablespoon of salt to one quart of water--to prevent discoloration. Prepare only as many as you can process at one time. Take your choice as to the pack you use--cold or hot. Both give satisfactory results, provided directions are followed carefully.

Cold pack: Pack the peaches into glass jars. Cover with boiling syrup, thin or medium, depending on the sweetness desired. Process pint or quart jars in the boiling water bath for 30 minutes.

To make the thin syrup, use two-thirds cup of sugar per pint of water. The medium syrup calls for one cup of sugar per pint of water.

When processing the fruit, be sure the jars are placed so that the water will circulate freely around them. See that the water

comes well up over the tops of the containers. Place the jars on a rack in the boiling water, and when the water is again boiling vigorously, start counting the processing time.

FREEZING PEACHES

Select firm-ripe peaches and peel and slice only enough for one carton at a time. Put the syrup, either 50 or 60 percent, into the carton--about two-thirds cup for a pint carton--and slice peaches into sirup. This keeps them from the air and tends to prevent discoloration. Add more syrup if needed to cover peaches and seal as soon as carton is filled. Leave one-fourth to one-eighth inch of space at top of carton for expansion during freezing.

To make a 50 percent syrup, use one cup sugar and four-fifths cup water; to make a 60 percent syrup, use one cup sugar and one-half cup water. While sugar and water are heating, stir until sugar is thoroughly dissolved. Chill syrup thoroughly before adding to peaches.

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for weeklies

Homemaking news

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 22, 1949

omato Juice--Freeze or Can

URBANA--Tomatoes, red, ripe, and fine in flavor, should ot be wasted. As a vitamin-C-rich food, they are among the best. n addition they yield a generous amount of vitamin A.

Foods specialists at the University of Illinois College f Agriculture suggest that the juice as well as the whole tomatoes e preserved for later meals. The juice can be frozen or canned, epending on the equipment you have available. However, freezing eems to preserve more of the fresh, ripe flavor of the juice than oes canning.

FREEZING TOMATO JUICE

Select first-quality tomatoes that are right for serving aw. Wash them thoroughly and remove the core. Do not peel them, ut cut the large ones into sections or slices. Simmer for 10 minutes nd then strain off the juice. Use a wire strainer, not a cloth bag.

Add 1/2 teaspoon of salt to each pint, and package in leak-roof containers, leaving one inch of head space to allow for expan-ion during freezing. Jars or cartons made especially for freezing iquids are a good choice. There is always danger of leakage when he regular cellophane-lined cartons are used for packaging juices.

Seal the jars or cartons as soon as they are filled, and reeze promptly. If there is delay in taking them to the freezing nit, store them in your refrigerator. However, do not store longer han three or four hours, and keep the temperature at approximately 30° to 45° F.

CANNING TOMATO JUICE

Select firm, ripe tomatoes that are first quality. Wash hem, remove the cores, and cut them into small pieces. Simmer until oft--10 to 15 minutes, depending on the quantity you are processing--nd then rub through a strainer. Put the hot juice into jars or tin ans that can be sealed perfectly, adding 1/2 teaspoon of salt per int.

Use the boiling-water bath for processing, and process pint r quart jars or No. 2 or 3 cans for 15 minutes. When the water in he bath is boiling, place jars or cans on the rack so that the water ill circulate freely around them. Have the water well over the tops f the containers. Start counting the processing time when the water s again boiling vigorously.

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Clothes--To Bleach or Not to Bleach

URBANA--Bleaches should be used in home laundry work only hen absolutely necessary. That's the word from Miss Gladys Ward, ome management specialist, University of Illinois College of Agriculure. Clothes that are correctly washed before they become too soiled o not need bleaching.

A commercial bleach is preferable to Javelle water or other omemade bleaches. When using a bleach, follow the directions to the etter. Then rinse the garment thoroughly, as any bleach left in the abric will weaken it.

Use ordinary commercial bleaches on cotton and linen only. Silks and woolens are injured by bleaches. Rayons and nylons do not eed bleaching.

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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 29, 1949

State Nutrition Conference September 24

URBANA--The Illinois State Nutrition Conference is scheduled for Saturday, September 24, at the Abraham Lincoln Hotel, Springfield, Illinois. You are invited to attend.

Registration is at 9 a.m. (DST), and the first session opens at 9:30 o'clock. The theme for the conference is "The Family's Food Problems." It will be carried out in a manner to interest those who have problems and those who wish to help families with problems relating to food.

Outstanding speakers in the field of nutrition have been scheduled. At the morning session Dr. Frances Van Duyne, University of Illinois, will discuss the effects of household procedures on the nutritive value of foods. Dr. Janice Smith, University of Illinois, will present recent developments in the nutrition field. Dr. Ercel S. Eppright, head, Department of Nutrition, Iowa State College, has as her topic, "Forming Food Habits: Factors That Determine Food Likes and Dislikes."

The afternoon session will be devoted to the problem of reaching the community with nutrition information. Dr. Marietta Eichelberger, director, Nutrition Service, Evaporated Milk Association, is the key speaker.

Exhibits will be arranged by the education committee, and new films on nutrition and nutrition problems will be available for viewing. The session will close promptly at 3 o'clock.

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FOR RELEASE WEEK OF AUGUST 29, 1949

Canning Peaches? Here's How To Speed The Peeling Job

URBANA--"I would can more peaches if I didn't have to peel them," remarked a homemaker the other day. It is true that the directions for canning recommend that the peaches be peeled, but there are tricks to speed the job.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to scald the peaches before you attempt to peel them. However, scalding does not mean precooking, and directions should be followed and time counted accurately.

Select peaches that are firm and ripe--right for eating out of hand--and plan to scald only a few at one time. Use about three times as much water as fruit, and be sure it is boiling vigorously. Place the peaches in a wire sieve or colander, and lower it into the water, continuing to heat the water during the scalding period.

Start counting the time from the instant you lower the fruit into the water, and hold it there for one minute. Remove and plunge it into cold water. If running water is not available, use three or four large containers and transfer the peaches as soon as the water in one bath loses its chill.

Rapid cooling is especially important. Unless the fruit is cooled quickly--as soon as it is taken from the scalding bath--the cooking will continue. You'll have cooked peaches rather than scalded peaches, and peeling will result in waste of fruit as well as in waste of time.

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Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 5, 1949

Making Grape Jelly? Guard Against Crystals

URBANA--What causes homemade grape jelly to have a gritty texture? How can it be prevented? These are questions which call for answers, for grapes are plentiful this year and good homemade jelly is a favorite.

Foods specialists at the University of Illinois College of Agriculture say that cream of tartar crystals (potassium acid tartrate) are responsible for the grittiness, and fortunately they can be prevented. However, special treatment of the grape juice is necessary.

One preventive method is to prepare the juice in advance of the jelly-making and let it stand from 12 to 18 hours in a cold place. The crystals will settle out, and the juice can be dipped out carefully and re-strained. The crystals will remain with the sediment on the bottom and sides of the container.

Another preventive method, and one which many homemakers seem to favor, is to can the juice and allow it to stand for a time before making it into jelly. The crystals will form and settle out, and the juice can be siphoned off. Another method is to combine the grape juice with other fruit juices.

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FOR RELEASE WEEK OF SEPTEMBER 5, 1949

Nylon--Use Low Temperature For Ironing

URBANA--Check ironing temperatures carefully when you're dealing with nylon, is the word from clothing specialists at the University of Illinois College of Agriculture. A "too hot" iron can cause permanent damage to the material.

If a nylon garment needs ironing, it may be done when damp or dry, but a moderately hot iron--300° F.--should always be used. If your iron has a heat control, set it at "rayon" if there is no nylon setting.

If extreme temperatures--above 300° F.--are used, there is danger of damaging or even melting nylon. It is thought that repeated ironing of white nylon at high temperatures may tend to cause yellowing.

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Training Courses For Teen-Age Drivers

URBANA--Teen-age drivers are at the wheel of many a family car these days, traveling to and from school. Part of the responsibility for the safety of these young drivers and their passengers rests directly on parents.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that many high schools in Illinois have training courses for students. These courses are a part of regular high school studies, not extras.

Whether your high school offers such a course for your teenager or not, make certain that he knows how to drive safely. Be sure, too, that he has a genuine respect for his responsibilities as a driver.

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for weeklies

Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 12, 1949

ickle Those Peaches--So Easy and so Good

URBANA--Save some of that "peachy" taste for winter meals, ggests Miss Grace Armstrong, foods specialist, University of Illinois College of Agriculture--in the form of pickled peaches.

Your meat dishes will have an added zest--in flavor and lor--when pickled peaches are served with them. Pickled peaches e easy to make--even a beginning cook can do it.

Because of the acid involved, however, some special attenon must be paid to utensils used. Only enamelware kettles and amel or wooden spoons should be used, and sterilized glass jars or ocks are best for storing. Acids are likely to attack the metal other types of utensils.

Pickled Peaches

4 pounds peaches--small yellow freestone preferred
3 cups sugar
1 cup vinegar
1 cup water
4 sticks cinnamon, broken in small pieces
4-5 cloves for each peach

Boil vinegar, sugar and cinnamon for 15-20 minutes, or until rup begins to thicken. Peel the peaches and add the cloves to each ach. Drop a few peaches at a time into the syrup and cook until tenr. Pack into sterilized jar and continue until jar is full. Add rup, one stick of cinnamon (broken), seal, label and store.

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FOR RELEASE WEEK OF SEPTEMBER 12, 1949

ur Windows--As You Wish

URBANA--Problem windows don't have to remain problem windows. eir appearance depends on the treatment you give them, says Miss rothy Iwig, home furnishings specialist, University of Illinois llege of Agriculture.

Before you decide on the treatment, study the situation oroughly. What effect do you wish to accomplish? What do you want e windows to do for your home--outside and inside? Shades, aperies, and other devices can provide privacy, hide ugly views, gulate light, soften the lines in the wood trim, and even correct ndows that are badly proportioned. It depends how they are used.

The best window treatment depends, first of all, on the size, ape and arrangement of the windows. If the window is very narrow, may be necessary to leave every bit of it unobstructed in order to ovide sunlight and a feeling of spaciousness. If the span of glass so large that the room lacks a friendly atmosphere, you'll want to ke it look smaller.

There is also the problem of height to consider. Is there pleasing relation between the height of the window and the height the ceiling? Or is the window so short that it appears chopped f, or so tall that it appears lanky.

The general character of the room and its furnishings should considered in deciding on the window treatment. Simple furnishings ll for informal treatment; elaborate furnishings usually require re formal treatment. Any window decoration should help to create a stful and cheerful atmosphere within the room.

The University of Illinois leaflet, "Window Treatment," will lp you solve window problems. Ask your county home adviser for a py, or write to University of Illinois College of Agriculture, Urna, Illinois.

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ISITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 18, 1949

'ear Plenty--Let's Turn It to Good Account

URBANA--Heavy supplies of Bartlett pears are on their way to market. They are perfect for cooking as well as for eating "out of hand." Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests baked pears for dessert.

Select pears that are fully ripe, yet firm in texture. Wash them, cut them in half--do not peel--remove the core and place in a baking dish which can be covered. Sprinkle the fruit lightly with sugar, add a dash of salt, dot with butter, and add about one-fourth cup of water. Cover the dish and bake in a moderate oven--350° F.--until the fruit is tender (about 20 minutes).

Cheese is a perfect companion for pears either cooked or served "as is." If your family is fond of cheese, top the baked pears with grated cheese when you take them from the oven. Serve them warm and fragrant with plain cake or cookies 'longside.

While pears are so plentiful, you may want to process some of them for winter meals. Use your boiling water bath for the processing, and plan to work with small amounts of the fruit at one time to prevent discoloration.

Wash and peel the pears, cut them in half and remove the core. Boil in thin or medium syrup 4 to 8 minutes according to size and softness. Pack them hot into the containers and cover with the boiling syrup. Process pint or quart jars or No. 2 or 3 cans 20 minutes.

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FOR RELEASE WEEK OF SEPTEMBER 18, 1949

Packing the School Lunch--Teach Children to Help

URBANA--School time means lunch time once again. Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture suggests that you teach your older school-goers how to prepare their lunch boxes.

What you pack into the lunch box depends on whether or not the school has a lunch program. If it does, you have to plan around the food available there. Be sure the lunch is adequate--it should supply one third of the day's requirement.

Why don't you have a lunch-packing center? Allow cabinet space for storage and for preparing sandwiches. Keep the lunch box, thermos bottle, and wax paper handy.

Teach your child how to wrap sandwiches so that they won't fall apart and lose the fillings. Use the drug store method--wrap a square piece of waxed paper around a sandwich, pull the edges together evenly above the sandwich, fold over, and then tuck the edges flat under.

Remind your school-goer that the thermos bottle needs to be washed out with hot sudsy water and then carefully rinsed with clear water. Also teach him how to use a funnel to pour milk or cocoa, so that it won't spill. Explain the importance of washing fruit carefully.

Your child will not only learn how to prepare and wrap food for his lunch, but he'll learn what goes into an adequate and enjoyable lunch as well. He'll learn organization too.

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Homemaking news

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 26, 1949

Slip Covers--as Fashionable as You Wish

URBANA--Slip covers can be smart and streamlined, or they can be ill-fitting and unattractive. The decision is yours, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

Before you select the material for slip covers, decide on the result you wish to accomplish. Do you want the slip covers to harmonize the decorative scheme of the room, or to add a new accent to old furnishings? Do you want them to substitute for upholstery, or to protect the permanent covering?

Slip-cover materials come in a wide range of colors, textures, designs and weaves. Look for them at dress goods counters as well as in upholstery departments. Firmly woven materials without much sizing make the best slip covers. They keep their shape, tailor well and are easy to work with.

Whether to select a plain or patterned material is an individual problem. The answer depends on how much design there is in the room, the size of the furniture to be covered, and the size of the room. If the walls and rugs have distinct patterns, it is wisest to choose plain materials or indistinct patterns for slip covers.

Large rooms and large pieces of furniture need materials that are rich in color and sturdy in construction and design. On the other hand, small rooms are most attractive when plain or small-patterned fabrics are used.

Check the material for information about shrinkage. The beauty of a slip cover is largely dependent on good fit. Use preshrunk fabrics--ones that carry a percentage shrinkage guarantee--or shrink washable material before you cut the slip covers.

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FOR RELEASE WEEK OF SEPTEMBER 26, 1949

Peanut Butter for Protein--and Flavor

URBANA--The plentiful supply of peanut butter coming to local markets can help many food budgets. A rich and inexpensive source of valuable protein, peanut butter can be used in a seemingly endless number of ways--sandwiches, cookies, salads, breads, and puddings.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, suggests that you use peanut butter to supplement your growing child's protein needs. Children need plenty of food for energy also, and one tablespoon of peanut butter gives almost 100 calories.

Pack a surprise into your child's school lunch--sandwiches made with peanut butter banana bread. You can use a variety of fillings for flavor changes.

PEANUT BUTTER BANANA BREAD

2 1/4 c. flour	1 egg
4 t. baking powder	1/2 c. milk
1/2 t. salt	1 c. peanut butter
1/2 c. sugar	1 c. mashed banana

Sift flour with baking powder, salt and sugar. Beat egg well, add milk and combine with flour. Mix lightly until dry ingredients are just dampened. Add peanut butter and banana and stir just enough to distribute. Turn into a well-greased loaf pan and bake in a slow oven (300 degrees) for 20 minutes; then increase heat to 375 degrees and continue baking for 25 to 30 minutes longer.

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Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 3, 1949

Kieffer Pears Call for Special Attention

URBANA--Kieffer pears are considered choice for canning. The crop in home orchards is better than usual this year and is calling for attention.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that Kieffers call for treatment different from that of the so-called soft pears--Bartletts, Anjous and Bosc. They are very firm when they are ready for picking, and two or three weeks should be allowed between picking and canning in order for them to ripen.

Store them at room temperature--60 to 65° F.--and do not attempt to hurry the ripening process. Check them frequently after about 10 days or two weeks to determine the stage of ripeness. When they begin to soften--lose their firm, hard texture--they will be right for eating out of hand or for canning or preserving.

To prepare Kieffers for canning, wash and peel or not as you wish. The best part of the pear lies next to the skin, and many homemakers prefer to can them unpeeled. Cut them into halves and remove the cores. Be sure to cut the core deeply enough to remove

most of the "stone cells" near the core. These cells never soften completely during cooking and tend to give the fruit a "gritty" taste.

Work with small amounts of the fruit at one time, and carry the processing through promptly in order to prevent discoloration. Boil the prepared fruit in thin or medium syrup from four to eight minutes according to the size and softness of the fruit.

Pack hot into the containers and cover with the boiling syrup, leaving approximately one inch of head space. Process immediately in your hot-water bath. Allow 20 minutes' processing time for pint and quart jars and for No. 2 or No. 3 cans. Begin counting the processing time when the water reaches a vigorous boil.

JEH:lw
9-27-49

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FOR RELEASE WEEK OF OCTOBER 3, 1949

Picnics or Hams--Which Should You Buy?

URBANA--"Pork for your table" will be an October meal-planning slogan with the supply becoming plentiful for the first time in several years.

Why don't you ask about picnics (also called picnic hams) at your local market? Sleeter Bull, professor of meats, University of Illinois College of Agriculture, reminds you that you can serve them in many ways.

Picnics are sold either fresh or cured and smoked. Sometimes pork steaks are sliced from the fresh picnic for frying. Other times the entire picnic is roasted. Cured picnics usually are "tenderized" in the smokehouse and should be roasted.

Compare price and quality of picnics and hams at your local market. Which cut will fit your needs better? Perhaps a picnic would be a better buy than a ham.

Picnics usually sell for a little less than hams. The picnic, however, contains slightly less edible meat than ham. A pound of picnic, with the bone in, makes one and a half to two servings. A pound of ham, however, usually makes two to three servings.

Also what meat there is on the picnic is less desirable than ham, and the picnic is more difficult to carve.

If you would like more information about pork, ask your home adviser for the bulletin, "Pork for Your Table," or write to the University of Illinois College of Agriculture, Urbana.

CMO:lw
9-27-49

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 10, 1949

Apples on a Stick--Easy to Make and Good

URBANA--Apples on a stick, taffy apples, or glazed apples--name them as you wish--are favorites with the young fry. Fortunately for mother, they are easy on the time schedule as well as on the pocketbook. Not-too-young children can make their own.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that the taffy apple venture is a good basis for an after-school party. It can be turned into a money-making project by the Girl or Boy Scouts, 4-H Clubs or members of the Sunday School class.

Select firm ripe apples that are not too large. Be sure they are free from imperfections. Wash and stem and run a wooden skewer into the center of each. Metal skewers tend to discolor the apple and give it an off-flavor.

To prepare the syrup or taffy, combine 1 cup granulated sugar, 1 cup brown sugar, 1 tablespoon lemon juice or vinegar, and 1/2 cup hot water. Mix thoroughly and boil to 290° F., or until it cracks when tested in cold water.

Place the syrup over boiling water to keep it hot and to prevent hardening. A double boiler is a good utensil to use. Dip the apples in the syrup, coating each one thoroughly. Stand them on wax paper to cool.

JEH:lw

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FOR RELEASE WEEK OF OCTOBER 10, 1949

"For Their Sake--Stop Fire"

URBANA--Fire is the leading cause of accidental death for children under 5 years old. Two thousand of these small children lose their lives by fire each year.

"For Their Sake--Stop Fire," the official poster for Fire Prevention Week--October 9-15--was prompted by these startling facts.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds you to check your home for fire hazards. Don't let your child be one of the 2,000 to die because of carelessness or ignorance on your part.

Check electric appliances for loose connections or short circuits. Open fireplaces should be fully enclosed with a tightly fitting screen.

Be sure curtains or draperies cannot blow over ash trays, electric bulbs, kerosene lamps, gas or candle flames.

Turn the electric iron off, Miss Ward says, even if you leave it for a minute to answer the phone. That minute may lengthen into 10 or 15 minutes. Use the automatic cut-off type, if possible, and put in a safe place to cool.

Don't use inflammable cleaning fluids. Watch your stove-pipes, pipe collars and flues closely for defects. Check your automatic gas water heater regularly. Turn off the non-automatic type before leaving the house.

Don't throw flour, uncooked cereals, or dust from a vacuum cleaner or dustpan into a stove with fire or into a burning incinerator. Dust is explosive; wrap it up and dispose of it safely.

Clean up your cellar, attic, and garage, and keep it in order. Many fires start in waste paper, litter, or rags in your cellar, attic or garage.

CMO:lw
10-4-49

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FOR RELEASE WEEK OF OCTOBER 17, 1949

Fish Supplies Are Heavy--Good Buys at Local Markets

URBANA--Plentiful supplies of fish and seafoods are bringing lower prices. Way out in front in the good buy category in many markets are whitefish, lake trout, and pike. There's a goodly amount of perch available also.

The Fish and Wildlife Service reports heavy shipments of shrimp. If shrimp grounds in the Gulf of Mexico haven't been affected adversely by the recent hurricane, even heavier supplies can be expected in midwest markets.

Oyster shipments continue heavy, and quality is good. The price trend is down, but at present oysters are listed in the higher brackets.

Every market that has adequate storage has an abundant supply of frozen fish--fillets and steaks. Some markets stock the frozen dressed whole fish. Use frozen fish in same way as the fresh. Start cooking before it is completely thawed.

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Apples Are Probably the Most Adaptable of all fruits. Raw, they are excellent "as is" for desserts and between-meal snacks. They add crispness and color to salads and fruit cups.

Cooked, apples can appear at any meal of the day and in various dishes. Apples fried by themselves or with ham or bacon, baked apples, apple sauce, apple pie, turnovers, Brown Betty, and apple upside-down cake are a few of the favorites.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 24, 1949

Problem Windows--How to Curtain

URBANA--Bay or recessed windows present a problem in curtaining. When appropriately treated, however, they add a decorative note to the room.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says such windows are more attractive if treated as a unit. The treatment should be in keeping with the type of window.

If the window and the wall beneath are on the same plane, the curtains or draperies may be any length you wish. But if the window is recessed and the sill extends out some distance, or if there is a window seat below the window, a sill-length curtain is usually more satisfactory.

If the windows are separated by a narrow strip or wall, treat them as one unit. Cover the vertical wood trim, especially if it is dark, with the curtains, draperies, or both. A valance or cornice board may be used if the window is high enough.

Consider color, texture, and pattern in selecting the material for the curtains and draperies. The window treatment should harmonize with the other furnishings in the room. If there is considerable pattern in the walls and furnishings, select drapery materials that are plain or that appear plain.

If the walls and furnishings are plain, then patterned draperies may be used to add interest to the room. However, if the draperies are patterned, it is wise to use plain glass curtains.

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FOR RELEASE WEEK OF OCTOBER 24, 1949

Cider Tricks--These Are Good Ones

URBANA--The big apple harvest is sending jugs of fresh cider to local markets and roadside stands. It is tops for serving "as is" and can be turned into party fare for special occasions. Best of all, the price is in keeping with everyday pocketbooks.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests Hot Mulled Cider as a popular choice for cool fall evenings. To prepare it add 1/3 cup of brown sugar (approximately) to a quart of sweet cider. Tie the spices--1/2 teaspoon allspice, a stick of cinnamon, 6 whole cloves--in a cheesecloth bag, and add to the cider. Simmer until the cider is spiced to taste--about 10 minutes. Serve piping hot with a dash of nutmeg.

Boiled Cider Applesauce topped with whipped cream is a favorite dessert in New England. Reduce 1 quart of cider one-half by boiling. Add it to 2 quarts of sliced apples and simmer one to two hours. If the cider is sour, add maple sugar or brown sugar to taste.

Sweet cider can be added to mincemeat, to apple butter, and to any number of meat and dessert sauces. Use your standard recipe for Raisin Sauce which you serve with ham. For the liquid use cider instead of water. Ham baked in cider is another favorite.

Cider also adds a good flavor to spice cake. Add it instead of milk and decrease the sugar in the recipe by 1/4 cup if the cider is extrasweet.

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for weeklies

Homemaking news

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 31, 1949

Home Repair of Rugs and Carpets--Setting the Stage

URBANA--Minor repairs on a rug or carpet can be made at home, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. The main ingredients are time and patience and the desire to turn out a professional-looking job.

Study the repair that is required, and check the supplies you'll need. Find out about what kinds of mending materials are used by commercial workers and whether or not they are to be bought at retail. Study techniques and methods, and do some practice work to develop your skill if necessary.

If bare spots in the rug or carpet are to be filled in, you'll need a special kind of yarn. Carpet yarn is the best choice. It is firm, has springiness, and can stand hard wear. Frequently rug and carpet shops and departments stock small supplies of these yarns.

If you are unable to get carpet yarn, then use harsh wool knitting yarn. Match the colors in your rug as nearly as you can, and select a yarn in keeping with the texture of the rug.

If necessary, send to the manufacturer of your rug for mending material. You'll find his name as well as the pattern number, rug quality, and color stamped on the back of the rug It is important to include this information with your order. As an extra precaution, send a few tufts of each color you need as samples. They can be pulled from scattered places in the selvage without harming the rug.

JEH:lw
10-26-49

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FOR RELEASE WEEK OF OCTOBER 31, 1949

Apples--Buy Variety Suited to Your Needs

URBANA--Apples in all shapes and colors are rolling into market--bright yellow, vivid red, and greenish-yellow with green specks, russet dots, or red stripes. And what kind should you buy?

"Each variety is suited for a certain purpose," says R. A Kelly, fruit and vegetable marketing specialist, University of Illinois College of Agriculture,"so buy apples according to your needs."

Some varieties are best for eating out of hand: some are especially good bakers. Others are right for cooking. Before you go to market for apples, decide how you're going to use them.

Grimes Golden apples--bright yellow with russet dots--are excellent for eating out of hand and also for salads. desserts, and cooking. Jonathans are extragood for salads, pies, sauce, and baking.

Crisp juicy Baldwins are especially good for pies, sauces, and general baking. They are only fair to good for dessert and salads.

Ben Davis apples are suitable for cooking. Delicious and Golden Delicious are excellent for eating out of hand and for salads.

For general cooking, McIntosh are especially good. They're excellent for dessert and salad too. Rome Beauty and Rhode Island apples are good for pies, sauce, and general baking.

COK:lw
10-26-49

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for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 7, 1949

Cranberries Are Ready--Let's Tuck Them Into Daily Menus

URBANA--Cranberry marketing is swinging into high gear well ahead of the holiday season. This year's production is estimated at more than 800,000 barrels--enough berries for all of the uses you can think of from beverage to sauce to jelly.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we buy cranberries carefully and give attention to storage methods. The best berries are firm, plump, and fresh looking, and they have a high luster. Color and size make little difference in quality.

Buy cranberries in quantity if you have proper storage for them. They need a dry atmosphere and a temperature that is quite uniform. Excess heat is not conducive to good keeping, and they should not be moved quickly from cold to warm temperatures.

If you want cranberry jelly that "sets" and sauce that "jells" without the addition of pectin, then don't delay. Make your supply just as soon as possible. Acid and pectin are necessary, and in the proper balance and quality for jelly. The berries ripen in storage and tend to lose some of their jelly-making properties.

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FOR RELEASE WEEK OF NOVEMBER 7, 1949

You Can Use Those Weeds--On Your Table

URBANA--Bring some of those colored leaves or dry weeds and branches into your home, suggests Miss Kathryn Weesner, home economics instructor, University of Illinois College of Agriculture. You can use them--as a table decoration or centerpiece.

Leaves of any shape or color, twigs, weeds, branches, and grasses are some ingredients for attractive arrangements. "When you look for these ingredients--in your yard, lawn, or woods--try to get something different," says Miss Weesner. "Locust pods, Osage oranges (hedge apples), pine cones, and different kinds of grasses and weeds add interest in color and texture."

Don't gilt or paint the items you find. They have an attractive gradation of color naturally. Use them "as is," Miss Weesner says.

Some basic rules to remember to get attractive arrangements are: Don't get too many items in the grouping; avoid a "salt-and-pepper" effect--group things together to give striking color and interesting texture.

Vary the types of ingredients, but don't get too many kinds of things into the arrangement either. You don't want it to look like a weed patch.

To avoid a "spindly" look when you use long, thin branches or weeds, place leaves around the base, Miss Weesner suggests.

Rugged pottery, baskets, or woven trays are good containers when you use weeds, branches, twigs, or such. Delicate glass containers are right for small berries or fine grasses.

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for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 14, 1949

Make a Toy for Your Child

URBANA--Every day is a toy day for your child, but with the holiday season in sight, you'll want to do some extra thinking about toys.

Very little money is needed to supply a child with suitable play materials; you can make them at home. Homemade toys can be as attractive and satisfying as the most expensive playthings. And often they are more appreciated, especially when the child shares in the making.

A University of Illinois circular, "Toys That Can Be Made at Home," gives directions for 27 easy-to-make toys. Some of them are a cheese-box car, a clock movement tractor, a block boat, a garage, and a gliding box.

To make a gliding box, all you need is a 5-pound cheese box, 4 furniture glides, 2 pieces of wood 3/4" x 1-1/8" x 3-5/8" (for reinforcement blocks), a screw eye, a shoestring, and some nails. Here's how to make it:

Fasten reinforcement blocks in each corner of the cheese box. Carefully sand all surfaces and edges of the box, and reinforce it with small nails wherever necessary. Insert a screw eye in one end of the box. Fasten furniture glides on the reinforcement blocks. Enamel the edge of the box in a contrasting color--and you have an inexpensive toy your child will enjoy.

If you want more information about "Toys That Can Be Made at Home," write the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR RELEASE WEEK OF NOVEMBER 14, 1949

Wash Those Leather Gloves

URBANA--Are you wondering how to care for your leather gloves this season? Some glove news and washing advice come from Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

All gloves made of leather and tanned in the United States are washable, Miss Gray says. The chemicals used in chrome tanning make it possible to wash capeskin, pigskin, chamois, doeskin, and even mocha gloves.

Simple directions for washing leather gloves are: Wash gloves in lukewarm soapy water or in a solution made of a synthetic detergent especially for leather gloves. All gloves except doeskin should be washed on the hands. Doeskin is washed in the hands, like hosiery or lingerie. Rub the gloves gently.

Rinse in water which has just a little suds in it to help restore some of the natural oils to the leather. Or, if a synthetic detergent is used, rinse in clear water. Roll the gloves off the hands after rinsing, and place on a Turkish towel. Press the water out; never squeeze or twist the gloves.

To keep the fingers from sticking together, blow into the gloves. If convenient, stuff tissue paper into the fingers.

Or you can use a glove dryer, Miss Gray says. Be sure the size is right; do not stretch the gloves on too large a dryer.

Dry all gloves away from heat. Dry white doeskin gloves away from sunlight. The doeskin yellows if exposed to bright light. Before the gloves are completely dry, put them on to shape them to your hand.

One precaution: If your gloves have already been dry cleaned, it is too late to wash them. In cleaning, much of the natural oil is removed, leaving the gloves stiff and dry.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 21, 1949

Find Space for More Closets

URBANA--If more closet space is on your remodeling list for the winter season, here are some suggestions from Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

"These suggested patterns for additional closet space have been used by homemakers throughout the state of Illinois," Miss Sullivan said. "Some closets made use of extra hallway space; others hid ugly chimneys or water pipes."

If a room is large enough, a closet strip may be added to serve two rooms, one room and a hall, or only one room. Usually closets which project into the room are unattractive in appearance and make furniture arrangement difficult.

Hallways offer some opportunity to provide additional storage. If the hallway is wide, closets may be built along one wall. Sometimes one end of the hallway can be enclosed and the closet opened into both an adjoining room and the hallway.

If yours is a story-and-a-half house with sloping ceilings, you could build storage along the low wall, suggests Miss Sullivan. If there is a window in such a wall, or a dormer window, you may have closets built on either side. A dressing table or desk may be built directly in front of the window. This same pattern may be used in the living room around a window or fireplace. Open shelves are often used in the upper part of the unit, and enclosed storage is built in the lower part.

If there is an exposed chimney in the room, you may want to build a closet around it. These closets may be as shallow as the chimney or deeper, as you wish. Following the same principle, you may want to hide some water pipes and get storage space at the same time.

COK:lw
11-15-49

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FOR RELEASE WEEK OF NOVEMBER 21, 1949

"Over-the-Counter" Tests Lead to Wise Buying

URBANA--Wise buying of fabrics for home sewing is an aid to your budget and the serviceability of the garment you plan to sew. "Give the shopping problem some thought before you start," says Miss Florence King, clothing specialist, University of Illinois College of Agriculture.

Ask yourself these questions before you buy, Miss King suggests: What type of fabric do I want for the use I plan to make of it? Do I want it to wear a long time or only a short time? Will it get hard wear or relatively light wear? Is it to be laundered or dry cleaned?

A few simple "over-the-counter" tests can be made to judge the quality of the material. One is the test for yarn slippage. When the yarns in a fabric shift easily, a small amount of wear may be expected. The fabric may pull out at seams, tucks, and darts. Pulled areas may be formed in any part of the garment where there is strain.

To test for yarn slippage, place a corner or edge of the fabric between the thumb and forefinger of each hand, with the thumbs on the top side and the tips 1/8 to 1/4 inch apart. Exert a steady pressure on the area between the thumbs. If the yarns slide or shift easily, the fabric is not likely to wear long.

A test for starch filling can also be made at the counter. Some fabrics carry an excessive amount. When they are laundered or dry cleaned, the filling is removed. This leaves a material much lighter in weight and having a porous appearance.

To test for an excessive amount of starch filling, rub a corner of the material between the hands as though you were laundering it. See whether starch rubs out. The limpness of the area, in comparison to the unrubbed fabric, will indicate what to expect of the material after it has been washed or dry cleaned and the filling removed.

COK:lw
11-15-49

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 28, 1949

Quick Fruit Cake--Make It With Mincemeat

URBANA--Mincemeat Fruit Cake will take care of many refreshment problems during the busy days ahead. It is quick to make and it can be made in advance and aged, or served right from the oven.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends this recipe. It has been tested and found good. Measure the ingredients accurately, check baking time and temperature and you'll have no difficulty.

MINCEMEAT FRUIT CAKE

2 cups mincemeat
1 cup raisins
1 cup nutmeats, chopped
1 cup sugar
1/2 cup butter or margarine, melted
1 teaspoon vanilla
2 eggs, separated
2 cups flour
1 1/2 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt

To the mincemeat add raisins, nuts, sugar, butter or margarine, vanilla and egg yolks. Beat the mixture thoroughly. Sift the flour once before measuring; then add baking powder, soda and salt and sift again. Fold into the mincemeat mixture. Beat the egg whites until light and fluffy but not dry, and fold into the cake mixture. Pour into a well-greased tube pan and bake in a slow oven (325° F.) for approximately 1 1/2 hours.

JEH:lw
11-22-49

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FOR RELEASE WEEK OF NOVEMBER 28, 1949

Corduroy--How to Wash and Press

URBANA--Don't let corduroy garments get too soiled before you wash them, says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Whether they're play togs or "dress-up" clothes, you'll want to treat corduroy right to retain its "good looks." To remove loose dirt and dust, brush each garment well before washing. Empty pockets carefully.

Wash each garment separately, because the color might run a little and also because lint clings to corduroy and is difficult to get off after it has dried on.

Use lukewarm suds for washing corduroy garments. Wash them as quickly as possible. Then rinse until the water is clear. Do not wring or crush the garment in any way.

Spread the garment out when hanging so that there will be no creases or folds. Just before it is dry, turn it face down, and press lightly. Don't let the weight of the iron down or slide the iron back and forth--the pile of corduroy mats easily.

Some people recommend ironing corduroy on a soft terry cloth towel. It "cushions" the material and prevents the nap from flattening. If the corduroy lacks luster, finish it by running the iron lightly on the right side in the direction of the pile. Hold the iron up so that its weight does not rest on the pile.

Frequently the nap will appear uneven in sections of the material after laundering and pressing. Brushing lightly with a rather soft-bristled brush will fluff the nap and straighten it.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 5, 1949

Correct Roasting Gives Tasty, Juicy Bird

URBANA--Correct roasting is slow cooking by dry heat on a rack in an open pan. It needs no water, no basting, and no cover.

With the supply of chickens plentiful, and the holiday turkey dinner ahead, you'll want to know true roasting techniques to get a tasty and juicy bird.

"Many people overcook turkey or chicken," says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Follow true roasting techniques, careful timing, and correct "doneness tests," and you'll have more servings of juicier, evenly browned meat.

A shallow open pan is recommended for roasting. It allows the heat to circulate around the bird, roasting it evenly. A rack at least 1/2 inch high raises the bird off the bottom of the pan, keeping it out of the juices.

Don't use a fork to test for doneness, Miss Cook says. It is not a reliable test and juices escape from the meat. To make the test for doneness, take hold of the drumstick or wing, protecting your fingers with a cloth or paper. If it moves easily, it is done. Or press the thickest part of the drumstick with the fingers. When the meat feels quite soft, it is done.

If you use a meat thermometer, you'll be able to tell exactly when the bird is completely roasted. Insert the thermometer into the thigh muscle (for turkeys and larger birds) and cook until the thermometer registers 190° F. Or place the bulb of the thermometer in the center of the dressing (for chickens and smaller birds) and cook to 180-185° F.

A Timetable for Roasting Young Birds by Miss Cook is available from the University of Illinois College of Agriculture. It is in handy card-form and is sent free upon request.

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FOR RELEASE WEEK OF DECEMBER 5, 1949

Plentiful Foods Give Economical and Tasty Meat Dish

URBANA--Use some December plentiful foods to get your budget into shape before holiday spending. A trio of plentifuls--pork, raisins, and nut meats--gives you an economical and tasty dish. Pork Shoulder With Raisin-Nut Stuffing.

Miss Grace Armstrong, foods specialist, University of Illinois College of Agriculture, reminds you to cook pork at a low temperature and thoroughly to get the full benefit of the flavor and to prevent any danger from trichinosis. A meat thermometer is recommended in cooking pork roasts.

Pork Shoulder With Raisin-Nut Stuffing

5-6 lb. fresh pork shoulder	1/2 lb. raisins
1 T. chopped onion	1/2 c. chopped nut meats
1/2 c. chopped celery and leaves	2 1/2 c. soft bread crumbs
2 T. chopped parsley	Salt to taste
2 T. fat	Grated lemon rind, if desired

Have bones removed from pork shoulder. Sprinkle inside of opening with salt and pepper. To prepare stuffing, cook onion, celery and parsley in the fat for a few minutes. Mix raisins and nuts thoroughly with bread crumbs; stir into the cooked vegetables and add salt. Add grated lemon rind, if desired. Pile some of stuffing into cavity, then begin to skewer or sew the edges together to form a pocket. Gradually work in the rest of the stuffing, but do not pack tightly. Sprinkle outside of stuffed shoulder with salt and pepper. Place roast, fat side up, on a rack in a shallow pan. Do not add water and do not cover. Cook until tender in a slow oven (325° F.) about 4 hours, turning occasionally. Make gravy with pan drippings. Remove skewers before serving. A roast of this size will give 10-12 servings.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 12, 1949

Pecan Supplies Heavy--Make Some Cookies

URBANA--Heavy pecan supplies are at your markets--timed just right for the holiday season. Pecan cookies are in order--they're tasty and economical. If you prepare them now, you'll have some free time during the busy holidays too.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, recommends this recipe. "These cookies are some of the best I know," Mrs. Janssen says.

PECAN COOKIES

Temp. 350° F. Time: About 30 to 45 minutes

1/2 c. butter
1/4 c. confectioner's sugar
1/16 t. salt
1/4 t. almond flavoring
1/2 t. vanilla flavoring
2 T. water
2 c. sifted all-purpose flour
1 c. chopped pecans

Cream butter, add sugar, salt, and flavorings. Mix well. Add water, pecans, and flour. Mix to a stiff dough. Shape in finger shapes with hands. Place on ungreased pan and bake until crisp and only slightly brown. Roll in confectioner's sugar. Yield: About 3 1/2 dozen.

This recipe is one of six cookie recipes which you can get by writing the University of Illinois College of Agriculture, Urbana. Mrs. Janssen has selected recipes of different kinds--refrigerator, shape-in-hand, roll, bar, drop and "press" cookies.

COK:lw
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FOR RELEASE WEEK OF DECEMBER 12, 1949

How-to-Get a Well-Dressed Chicken

URBANA--Many chickens will be on the "road to market" for that busy holiday season ahead--here are some steps for proper killing and dressing.

Proper bleeding is one of the important steps on the way to a well-dressed chicken says S. F. Ridlen, poultry specialist, University of Illinois College of Agriculture. Poor bleeding results in dark skin and muscles.

Hang the bird by its legs. To get proper bleeding, cut diagonally across the roof of the mouth. Then hang a weighted blood cup from the mouth. Stick a knife into the brain to relax feathers for dry picking. This method, Ridlen says, is quick for quantity killing. If you're not equipped to hang the chicken and if you're killing only a few--cut off the head and let the blood drain.

For slack scalding in commercial dressing, the temperature of the water is usually kept at 128 to 130° F. For home dressing, a somewhat higher temperature may be used. Caution--keep the temperature of the water below 150° F.

Birds are easier to draw if they have been chilled to about 32 to 34° F. If this is not convenient, they should be drawn as soon as they are picked. To prepare for drawing, singe the bird over a gas or paper flame. After singeing, brush the bird thoroughly. Remove tendons which connect the muscles of the drumstick with the toes. To do this, make an incision in the back side of the shank, slip a nail or hook under the tendons one at a time, and give it a steady pull. Then you can cut the shanks off at the hock joint.

The next step is washing the chicken. Be sure to wash it thoroughly. Following the drawing procedure, cool the bird as rapidly as possible in cold water. After it is cooled, freeze the bird immediately.

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for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 19, 1949

Remember Snacks and Emergencies When Marketing

URBANA--Check that food supply once more before Christmas week. You might want to order extra supplies for emergencies, quick meals, or snacks says Mrs. Glenna Lamkin, food specialist, University of Illinois College of Agriculture.

People do "happen in" during the holiday season, and something interesting to serve is the mark of a good hostess.

Check the amount of staple foods like flour, all kinds of sugar, spices, flavoring, fat, etc. Remember that the larger the amount purchased, the less the price per pound; the use and storage space will determine the quantity you'll buy.

Class studies indicate that pure extracts, while more expensive than others, are better in flavor, Mrs. Lamkin says. Spices are usually purchased best when in small units in tin containers, because spices lose flavor upon aging.

Remember that nuts in the shell will probably have the best flavor. Shelling is a job for the children, and it will give them a chance to share in the activities. A pound of nuts--both pecans and walnuts--will yield two cups or one half pound of shelled nuts. At present prices, they represent a saving of about twenty cents a pound in comparison with those purchased already shelled.

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No One Recipe for Christmas Door Decoration or Centerpiece

URBANA--Christmas door decorations and table centerpieces will help to complete that holiday spirit in your house. Here's what Miss Kathryn Weesner, home economics instructor, University of Illinois College of Agriculture, says about them:

"There's no one recipe for a door decoration or table centerpiece. Remember this basic principle: Have a center of interest, and subordinate the other items to it. And use your imagination."

The evergreen you use to decorate your front door needn't be in the shape of a wreath. You can form it into the shpae you want. And you can add bells, pine cones, or stars to the greenery if you wish.

If you have some stubby candles, melt them, save the wicks and reshape them into a large candle for a centerpiece. Paper milk cartons, tin cans, or jello molds can be used as forms. You can make a rough-surfaced candle by melting additional wax and beating it with an egg beater when it's just getting solid. When it's lumpy, spread it on the solid candle. Or you could use melted wax in a contrasting color to paint loops or other simple designs on the candle.

Use some Christmas tree ornaments for a center of attraction on your table too. Slide the metal holders of the ornaments onto a spindle and use some evergreen to trim the base of the spindle.

Remember to apply the basic principle of having a center of interest and subordinating the other items to it. Use the materials you have handy--you'll be surprised at the number of original decorations you'll get.

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FOR RELEASE WEEK OF DECEMBER 26, 1949

How to Remove Candy Stains

URBANA--Don't get discouraged if your child gets candy stains on those new party clothes. Some easy-to-do steps will get those stains out at home, says Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture.

For a candy stain which containssugar and no fat, use water. Dip a toothbrush into lukewarm water, and tap the stain with the brush to get the water completely through it. Then dry with a chamois.

"Always work with the grain of the cloth," Miss King cautions. Follow the lengthwise or crosswise yarns while tapping the water into the cloth and while drying it.

If the stain is sugar and fat (such as fudge), remove the sugar first, following the above procedure. Then,to remove the fat, tap the stain with carbon tetrachloride or other solvent, using a toothbrush and the same movements as above. To prevent a ring, dry the cloth with a chamois.

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FOR RELEASE WEEK OF DECEMBER 26, 1949

Plan an "Easy" New Year's Party

URBANA--For a New Year's party which requires little advance preparation, "put your guests to work," says Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture.

The hostess should just set the stage, and let the party happen, Miss Hodgson says. Plan refreshments which guests can prepare easily. Be sure to have all the necessary ingredients on hand; perhaps you could measure some ingredients before the guests arrive. Also, plan work centers so that no one area will be crowded.

Ice-box cookies can be a food assignment for one of your guests. Your favorite rolled dough recipe can be in the refrigerator, ready for slicing and baking.

Prepare sandwich spreads before the party, and let the guests make their own sandwiches. Be sure to have necessary utensils, trays, and ingredients handy.

Bright red cranberry punch served piping hot will add the right sparkle to that party. Someone can be assigned to mix the punch. Prepare the foundation recipe earlier that day; all your guest has to do is mix three parts of the foundation recipe with one part cranberry juice. For the foundation, mix 3 cups strained orange juice, 1 1/2 cups lemon juice, 2 cups sugar, and enough water to make one gallon.

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